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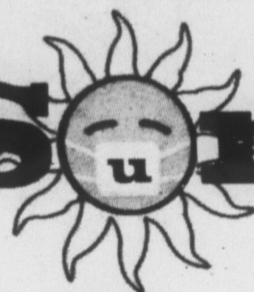
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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 53 No. 3

Thursday, October 1, 2020

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RAINBOW SPANS the water fountain at the Hancock-Adams Common on a recent fall morning making a pretty postcard-like scene from "The City of Presidents."
Photo Courtesy Kim Trillcott-Caporale

Councillors Seek Expanded Voting Options

By SCOTT JACKSON

City councillors want the city's election department to explore ways to make it easier for residents to submit their ballots in the Nov. 3 election.

The councillors unanimously approved a resolution

to that effect, introduced by Ward 4 Councillor Brian Palmucci, on Sept. 21. The resolution asked that the election department be prepared to discuss possible recommendations at the next council meeting on Oct. 5.

Palmucci's resolution includes several potential ways to make it easier for residents to submit their ballots.

It suggests additional kiosks — like one located outside City Hall — be placed around the city where

residents can drop off their mail-in ballots. It identifies firehouses as possible locations for those kiosks.

Another suggestion is to explore the possibility of establishing a ballot pick-up program in coordination

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Baker Commends Quincy Schools

By SCOTT JACKSON

Gov. Charlie Baker lauded the Quincy Public Schools for programming offered this summer amid the coronavirus pandemic as he pressed more districts across the state to move to in-person or hybrid learning this fall.

Superintendent Kevin Mulvey and Assistant Superintendent Erin Perkins joined Baker at his Sept. 24 State House press conference. Baker called the school system's summer program — which included in-person learning for spe-

cial education students — a model that other districts could follow.

"Quincy Public Schools was one of the first in the state to re-open this past summer, offering in-person learning to hundreds of students with disabilities and special needs," Baker said. "Additionally, they stood up an optional remote-learning summer school attended by more than 2,300 Quincy students across all grade levels."

"They are an excellent model of how to safely

Cont'd On Page 4



SWING INTO AUTUMN — Conor Kolander appears to be an airborne silhouette as he enjoys the sunrise swinging at his home on the bluff in Squantum on a recent morning.
Photo Courtesy Steve Kolander

City Eyes 2 Downtown Buildings

By SCOTT JACKSON

Mayor Thomas Koch plans to submit a revised land disposition agreement for the remainder of the Hancock Lot to the City Council and could also ask the council to acquire a pair of buildings on Hancock Street.

The mayor discussed those items and other downtown-related matters, including plans to create a new home for Quincy College and municipal offices, during a recent interview.

The future of Quincy College, he said, could hinge on the school having a home of its own.

The council has approved two land dispositions for developments on the Hancock Lot, LBC Partners' 171-unit Nova Residences at 1500 Hancock St. and Peter O'Connell's 12-story, 140-unit Chestnut Place building on the Dennis Ryan Parkway.

The mayor had previously submitted a third land

Cont'd On Page 11

New Hybrid Approach Seen For High Schoolers

By SCOTT JACKSON

The principals at Quincy's two high schools are contemplating a revised hybrid learning model to minimize the number of students who switch teachers once in-person classes resume on a part-time basis later this month.

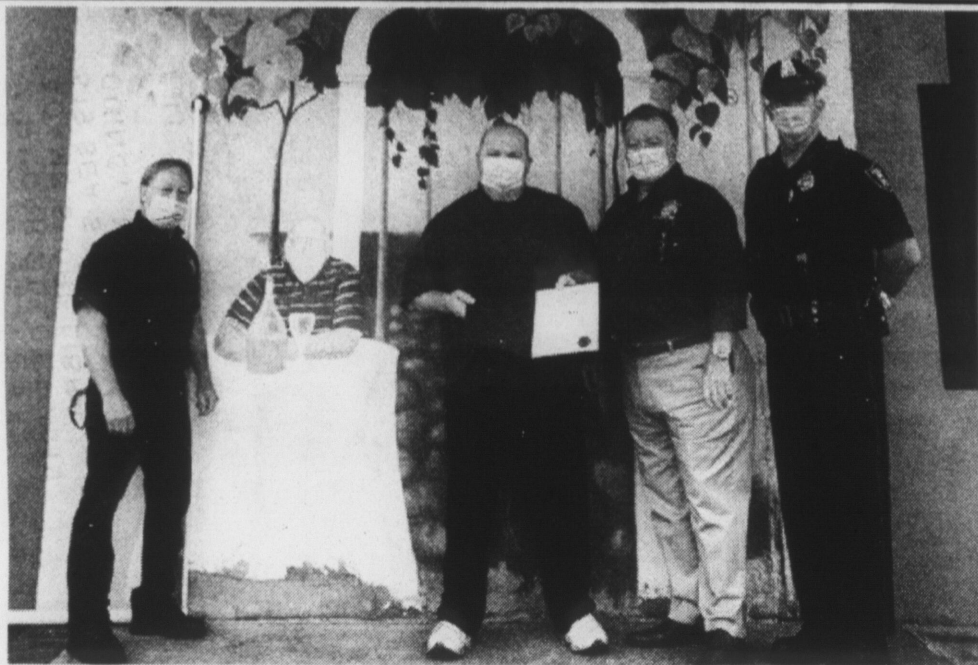
The school year opened Sept. 16 with students in prekindergarten to grade three learning under a hybrid model with a mix of in-person and remote classes. All other students, except certain high-need students, began the year learning re-

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Student Tests Positive For COVID-19 - Page 15

More Quincy news:
The Quincy Sun.com



GERRY MARTOCCHIO, owner of Gennaro's Eatery, 12 Blanchard Rd., Quincy, was recently presented a mayoral commendation for his generosity. He has prepared meals and foods for area non-profits as well as for first responders and veterans. From left to right: George Bouchard, Quincy Veterans Services; Gerry Martocchio, Gennaro's; George Nicolson, Quincy Veterans' Services and Quincy Police Officer Steve Cleary.

Photo Courtesy Karyn Barkas/Quincy Police Department

Gerry Martocchio Commended For Generosity, Support To First Responders, Veterans

Owner Of Gennaro's Gives Back To Community

By GEORGE BOUCHARD

Quincy Veterans' Services

At a time when just trying to keep your restaurant business afloat is a daunting, all-consuming and formidable task, Gerry Martocchio, owner of Quincy landmark eatery, Gennaro's, continues to be firmly rooted in his strong belief that giving back to the community is an equally and inseparable obligation.

While keeping Gennaro's going, by way of take-out and catering services, he also provides prepared meals and food items to a number of area non-profit programs and facilities. His consideration, generosity and support does not stop there. He also sees to it that the first responders of Quincy's Police and Fire Depart-

ments are furnished with a food spread to insure that no one has to go without a meal during their shifts.

Recently, he has added to his already impressive repertoire of kindness, the delivery of prepared meals to some of Quincy's veterans. Gerry's explanation for all of his extracurricular dedication is that he is simply answering a need, not for recognition or reward, but because it is there and he feels that he is blessed with capability to address it in some small way. He believes that serving others enriches the heart and soul and that is reward enough. These acts of kindness and concern, for Gerry Martocchio, are neither new nor COVID-19 specific in origin. They are simply a part of who he is and his way of

life. In an earlier time, he could easily have been considered one of former President George H.W. Bush's "Thousand Points of Light."

In recognition his selfless community commitment, representatives of the Quincy Police and Veterans Services departments, on behalf of Mayor Thomas Koch, recently presented Gerry with a Certificate of Appreciation from the City of Quincy.

After humbly accepting the citation, Gerry went right back to the task of finishing the paperwork and meeting all the needed criteria required to reopen Gennaro's restaurant itself, an event he anticipates will take place within the next several weeks. He also vowed that his kindness, consideration and generosity will continue, unabated.

'Neat Neighbors' Contest Winners

Mayor Thomas Koch announces 30 residential properties throughout Quincy have been selected as this year's "Neat Neighbors" award winners.

The "Neat Neighbors" contest aims to recognize residents that keep their properties neat and beautiful throughout the year. Nominations are solicited from Memorial Day through Labor Day and thirty winners are selected from around the city.

"I want to both thank and congratulate our winners," Koch said. "Their hard work on their properties has a ripple effect around the city. A beautiful property can help make a beautiful neighborhood; and beautiful neighborhoods help make up a beautiful city. The quality of our neighborhoods is improved when property owners take great care of their property."

The Department of Natural Resources will be mailing award letters with a \$30 gift certificate to a local garden center to help residents keep up their work.

This year's "Neat Neigh-

bors" winners are:

46 Riverside Ave. - The Barretts; 22 Spring St. - Janet Lewis; 128 Shore Ave. - Janet Whalen; 15 Victoria Rd. - The O'Learys; 24 Macy St. - Howard McQuinn; 166 Phipps St. - Richard Battista; 73 White St. - Stephen Cahoon; 22 Viden Rd. - Gayle MacDonald; 48 Edison St. - The Leskows; 27 Bradford St. - Eileen Leahy; 29 Eddie St. - The Caspers; 9 Grandview Ave. - The Boreks; 89 Elliot Ave. - Henry Dinino; 44 Lincoln Ave. - Brenda Coughlin; 240 S. Central Ave. - The Cannons; 555 Quarry St. - Vincente Rodriguez; 156 Liberty St. - Kevin Weng; 297 Granite St. - The Johnsons; 96-98 Cross St. - Michael Cronin; 8 Prospect Hill St. - Stacie and Andy Billard; 121 Bromfield St. - Allison Voth; 25 Andrews Rd. - Bryan Donovan; 57 Phillips St. - Ken and Maryann Panaro; 113 Oxenbridge Rd. - Robert Woodman; 21 Glendale Rd. - Tony and Linda Monaco; 312 Atlantic St. - Patricia Gerrin; 30 Edgeworth Rd. - The Greens; 39

Newbury Ave. - Barbara Gilliland; 45 Marshall St. - Dan Walty; and 47 Newbury Ave. - Mr. Zheng.

The "Neat Neighbors" contest is not comparatively judged. Properties that meet the qualification standards are then selected at random to choose the winners. The contest recognizes effort, not the amount of money or resources spent, to provide equity. Geographic representation is also considered to make sure winners are recognized throughout the city.

"This has been a challenging year for everyone and it's great to see so many people finding gardening and property maintenance as an outlet during the pandemic," said Commissioner of Natural Resources Dave Murphy. "The positive benefits of our residents' hard work, not just our winners but all property owners that care for their yards, spread beyond their properties and throughout our great neighborhoods. I want to thank all residents who take the time to maintain their properties in the spirit of a cleaner and greener Quincy."

Quincy Receives \$189,000

'Shared Streets & Spaces' Grant

The City of Quincy has received a \$189,000 grant from the Department of Transportation's "Shared Streets and Spaces" program.

The program, which was launched on June 10, provides technical and funding assistance to help Massachusetts cities and towns conceive, design, and implement tactical changes to curbs, streets, on-street parking spaces and off-street parking lots in support of public health, safe mobility, and renewed commerce.

"Quincy's project will address long-standing pedestrian safety and speeding challenges along Quincy Avenue between Southern

Artery and School Street," said Mayor Thomas Koch.

The existing four-lane configuration will be altered to allow for a new pedestrian crossing at the Dependable Cleaners, installation of bike facilities, and coordination of transit signal priority for MBTA buses operating along the corridor. The four-lane cross section will be reduced to three lanes (one in each direction, plus a shared turn-lane) across much of the corridor, while the four-lane profile will be maintained at intersections to ensure minimal impacts on overall travel times.

"Keeping people safe is our highest priority, and this project is a step forward in addressing an issue we simply cannot wait any longer

to tackle head on," said Ward 2 Councillor Brad Croall.

"This funding opportunity allowed us to fast-track changes on Quincy Avenue," said Christopher Cassani, director of Traffic, Parking, Alarm and Lighting. "We believe it's a perfect marriage between improving safety while also maintaining adequate traffic flow."

Work for the project has already begun with the construction of ADA accessible ramps for the new crosswalk.

Reconfiguration of the travel lanes will be taking place at night over the next few weeks, depending on weather. If you have any questions for the traffic department, call 617-376-1936.

Live Online: Ultimate Red Sox Time Machine

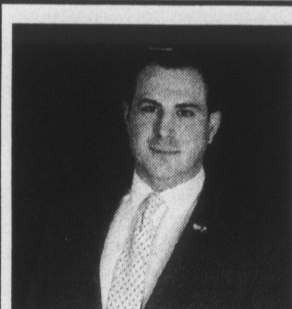
Celebrate the Red Sox with the author of the *Ultimate Boston Red Sox Time Machine Book*, Martin Gitlin, in this online program at 7 p.m. Monday, Oct. 5.

Gitlin covered baseball for nearly two decades as an award-winning sports journalist before authoring this book, published earlier this year. In this program, he will cover the most interesting and greatest teams, players, and events in Red Sox history.

Gitlin will tell engaging stories, share photos, and

play exciting game highlights. He will cover the entire history of the Red Sox from the Royal Rooters to Cy Young to Ted Williams to the 1946 pennant winners to Yaz and the Impossible Dream to the disappointments of 1975 and 1986 to Big Papi and the run of World Series titles.

Join on Zoom (meeting ID: 850 2853 1339). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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City Seeks Book Collection Of Second President For Creation Of Presidential Library

Adams Collection Decision Possible This Week

By SCOTT JACKSON

The trustees of the Boston Public Library could reach a decision on the future of John Adams' personal book collection this week.

The trustees were set to meet Tuesday to discuss Quincy Mayor Thomas Koch's request that the collection be returned to the second president's hometown. Adams had left the collection to the then town of Quincy in his will, but they were transferred to the Boston Public Library in 1894.

"He wanted them left to his hometown," Koch said. "I think legally we are in good standing. I think morally we are too."

The collection includes roughly 3,000 volumes Adams read during his lifetime with annotations he made to the texts.

"These aren't books that John Adams wrote. These

are books that John Adams read, commented on, collected and used in his thinking and shaped his decision making," Koch said. "It's pretty fascinating. His penmanship is in a lot of the margins; he's made notes."

Koch, in his January inaugural address, said he wanted the books returned to Quincy where they could become the centerpiece of a new presidential library. The library would be located at the Adams Academy in Quincy Center. The building, now home to the Quincy Historical Society, first opened in 1872 as a school for boys. Adams established a trust to pay for the school's construction and also chose its location; the site is the birthplace of John Hancock, the first signer of the Declaration of Independence and a childhood friend of Adams.

Cont'd On Page 11

Live Online: Falls Prevention, Stress Management For Adults

The public is welcome to attend any of the sessions in this series entitled "Falls Prevention, Stress Management for Aging Adults" that teaches and empowers aging adults and those who care for them with skills and ideas that decrease falls and increase independence.

This evidence-informed program will discuss practical and proven exercises that promote health and well-being. Each 90-minute session will build upon the previous one(s) to deepen your aging strong experience, but you can attend any or all, depending upon your availability. They will be recorded for later viewing and sharing and made available

on the Thomas Crane Public Library's YouTube channel.

Join Debbie Lyn Toomey, RN, coordinator of the Tufts Medical Center's Injury Prevention Program, for this engaging and valuable program. All sessions begin at 10 a.m.

Oct. 6 - Learn communication skills that build confidence when talking with medical specialists.

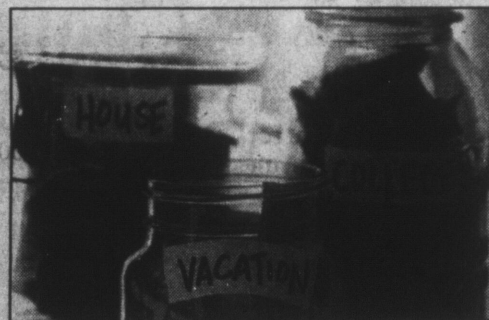
Oct. 13 - Learn to combine new skills to create a practical plan to age stronger.

Join on Zoom (meeting ID: 874 7134 0892). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio.



FUNERAL PROCESSION for former Quincy mayor Joseph LaRaia pauses in front of the James R. McIntyre Government Center (old City Hall), Sept. 23. Mr. LaRaia, who served as the city's 28th mayor from 1976 to 1978, died Sept. 18 at the age of 88. His political career spanned four decades from the 1960s to the 1990s. He also served as Ward 2 councillor and as a councillor at-large. A funeral Mass for Mr. LaRaia, a veteran of the Korean conflict, was celebrated at St. Joseph's Church. He was buried with military honors at Mount Wollaston Cemetery. It was Mr. LaRaia, as a city councillor in June of 1985, who proposed dedicating the old City Hall in memory of Mr. McIntyre, his former mayoral opponent. McIntyre defeated LaRaia for the mayor's office in 1965. LaRaia called McIntyre a "man of tremendous knowledge about city government" when he proposed the McIntyre memorial to his council colleagues. "He was very affable and did not dwell on seriousness too long. I can't think of anyone more deserving (of a memorial) for service to the city," LaRaia said at the time. The effort to dedicate the James R. McIntyre Government Center in memory of the former mayor was supported by the full council as well as three former mayors: Thomas Burgin, Walter Hannon and Arthur Tobin. Old City Hall was dedicated the James R. McIntyre Government Center in the fall of 1985.

Quincy Sun Photo/Robert Bosworth



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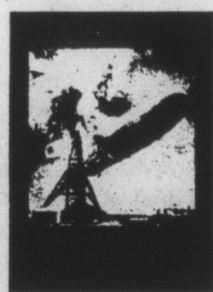
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Moments in time

THE HISTORY CHANNEL

• On Oct. 18, 1767, Charles Mason and Jeremiah Dixon complete their survey of the boundary between the colonies of Pennsylvania and Maryland, as well as areas that would become Delaware and West Virginia. The Mason-Dixon Line created the boundary at a northern latitude of 39 degrees and 43 minutes.

• On Oct. 15, 1863, the C.S.S. Hunley, which would become the world's first successful combat submarine, sinks during a test run, killing its inventor and seven crewmembers. The Hunley was operated by a crew of eight -- one man steered while the other seven turned a crank that drove the ship's propeller.

• On Oct. 14, 1892, "The Adventures of Sherlock Holmes," by Arthur Conan Doyle, is published. The book was the first collection of Holmes stories, which Conan Doyle had been publishing in magazines since 1887.

• On Oct. 16, 1923, Walt Disney and his brother Roy found the Disney Brothers Cartoon Studio in Hollywood, California. With the 1928 release of "Steamboat Willie," the world was introduced to Mickey Mouse.

• On Oct. 12, 1940, cowboy-movie star Tom Mix is killed when his speeding Cord Phaeton rolls into a dry wash in Arizona. Mix died when he was hit in the back of the head by a heavy aluminum suitcase he was carrying in the convertible's backseat.

• On Oct. 17, 1968, American Olympic gold medalist Tommie Smith and bronze medalist John Carlos are forced to return their awards because they raised their fists in a black-power salute during the medal ceremony in Mexico City.

• On Oct. 13, 1975, Charlie Rich stood at the Country Music Association of America show to announce the Entertainer of the Year -- and set fire to the envelope after he saw that John Denver was the winner. It was later said that Rich was on prescription pain medication and gin-and-tonics that night.

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A Social History Of Howard Johnson Ads

"The Landmark for Hungry Americans," "The Host of the Highways" and "Under the Orange Roof," were some of the Howard Johnson's corporation's most famous marketing slogans.

Join online at 7 p.m. Tuesday, Oct. 6 for a nostalgic look at the Quincy-based restaurant chain that stretched "from Maine to

Florida" and beyond, and particularly their ad campaigns over the years.

Howard Johnson's, the Massachusetts soda fountain that became an American icon, was started as an ice cream stand on Wollaston Beach. The first restaurant opened in 1929 in the Granite Trust Building in Quincy Center. By the 1970s, there

were more than 1,500 restaurants, motor lodges, vending and turnpike operations, and a manufacturing and distribution system.

How Howard Johnson's chose to advertise throughout this tremendous growth can tell us a lot about America's growth during the same period.

Join the Quincy Histori-

cal Society for what is sure to be an entertaining and thought-provoking exploration of this local treasure that got huge.

Join on Zoom (meeting ID 868 2615 2075). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio.

Cont'd From Page 1

and responsibly get back to school using [state] guidance. Their faculty and their staff expertly tackled the safe re-opening of their schools, overcoming challenges along the way, including two staff COVID-19 positive cases over the summer.

"Quincy school officials and staff should be commended for their effective response, which ensured that in-person education was able to continue for hundreds of students with special needs. In many ways, teachers are heroes to these kids and to their families, and they play a critically important role to teach and nurture students."

Mulvey said the district used state guidelines -- including requirements for students to wear masks and frequent handwashing -- to develop the summer program. The lessons learned over the summer were applied to plans for the start of

the fall semester.

"As the governor mentioned, Quincy was one of the first districts to have an in-person summer instructional program for our most vulnerable and highest need students. Our dedicated staff were committed to providing these crucial services to these students and, as a result, this program was a great success despite the challenges of COVID-19," Mulvey said.

"The summer in-person educational program was the foundation on which we planned and built our re-opening plans for September. We continue to work with our families and staff every day to provide the highest quality educational opportunities for our students and to provide for their social and emotional well-being -- and that is critical.

"This has prepared us for the inevitable COVID-19 positive case of a staff member and a student and in fact we did have a positive case.

BBB Warns Elections Could Generate Common Political Scams, Frauds

Scammers are opportunists who take advantage of whatever is in the news or being chatted about on social media. It's common around this time of year to receive phone calls from political pollsters asking questions about who you plan to vote for, and scammers mimic those legitimate calls.

The Better Business Bureau is warning consumers that the upcoming mid-term elections are likely to generate loads of scammers pretending to be pollsters, campaign volunteers, fundraisers, and even candidates. Here are some common political scams and frauds to watch out for:

Fundraising: You get a call from someone claiming to represent a political candidate, raising money to support the campaign. They may be collecting funds for a specific cause, such as healthcare reform, or on behalf of a group of people, such as veterans. Targets report that callers are typically pushy and demand immediate action. Even if the caller is not a scammer, some groups may be poorly managed and not actually spend the money the way they describe on the phone. You can check Give.org to see if the charity is Accredited.

Polling: The call is from someone claiming to be conducting a political survey. The pollster wants to ask you questions about the upcoming election. In exchange for a few minutes of your time and your opinions, you will get a gift card or other reward. After asking several legitimate-sounding survey questions, the caller typically then asks you to provide your credit card number to pay for the shipping and taxes of the "prize" you've won. Legitimate polling companies rarely offer prizes for participating in a survey, and none would ask for a credit card number.

Impersonation: You get a call that sounds like one of the candidates, or perhaps even the president, asking you to make a special contribution. This scam uses real audio clips of politicians' voices, likely lifted from speeches or media interviews. Digital technology has made these recordings sound very realistic. At some point, the politician will ask

for a donation and request that you push a button to be redirected to an agent, who will then collect your credit card information. Since real politicians use pre-recorded calls, it's challenging to tell which ones are fake.

In all of these cases, sharing your personally identifiable information (PII) and/or credit card number can open you up to the risk of fraudulent charges and even future identity theft. Although these examples are primarily telephone scams, fraudsters can use other methods to reach you: mail, email, social media, text, even showing up at your front door.

Here are some BBB tips to avoid political scams:

• **Donate directly to the campaign office:** Donations made over the phone can be valid, but to be sure you are donating directly to the campaign, donors should give either through the candidate's official website or at a local campaign office.

• **Watch for spoofed calls:** Your Caller ID may say that someone from Washington DC or from a campaign office is contacting you, but scammers can fake this using phone number spoofing technology.

• **Beware of prize offers:** Just hang up on any political pollster who claims that you can win a prize for participating in a survey. Political survey companies rarely use prizes, so that is a red flag (especially if they ask you to pay for shipping or taxes in order to claim it).

• **Don't give out personal or banking information:** Political pollsters may ask for information about your vote or political affiliation, and even demographic information such as your age or race, but they don't need your Social Security number or credit card information.

• **Research fundraising organizations before donating:** Be especially cautious of links that come to you through email or social media, and don't click through. Instead, go directly to an organization's website by typing the URL in your browser or using a search engine.

Baker Commends Quincy Schools

Thanks to the guidance provided by the state and by Quincy Health Commissioner Ruth Jones we were able to keep staff and students safe and continue with much-needed educational programming."

Half of the district's nearly 10,000 students -- all children in prekindergarten to grade three as well as certain high-need students at all grade levels -- were eligible to begin at least part-time in-person learning on Sept. 16. Remaining students could return as soon as Oct. 13.

"Our goal in re-opening schools is to bring as many students back to in-person learning as soon as possible," Mulvey said. "I think we can all agree that there is no substitute for in-person learning. If we have the capacity to bring students back safely, we owe it to our students to do so."

Perkins thanked school staff for their work over the summer.

"I am extremely proud of the work we were able to do over the summer and I know how important it was for our students and families," she said. "I want to thank our unbelievably dedicated staff who made this possible and the families who put their faith and trust in us this summer."

Baker said districts across the state should base their decision on whether or not to bring more students in for in-person learning on three weeks of public health

data, rather than on large gatherings that may lead to a spike in cases. He said students should be in the classroom if the health data supports it.

"The science supports this," Baker said. "It is safe for students and teachers to return to in-person learning and our administration is clear with the expectation that students should be in the classroom if the public health data supports that."

Jeff Riley, the state's education commissioner, said communities designated gray or green by the Department of Public Health should bring more students back for in-person learning. Green communities have fewer than four new COVID-19 cases per day per 100,000 people over the last two weeks while gray, or unshaded, communities have fewer than five total active cases.

"We know the possibility of a second spike exists, but while we are in a situation where a district has been green or gray for many weeks, we are asking districts to bring kids back to school in-person or in a hybrid model," Riley said.

"It would be unfortunate if later in the year a district had to go remote because the virus spiked back up in their community and they recognized, 'wow, we could have had our kids back in for a couple months or even six months and we missed that opportunity.'"

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Scenes From Yesterday



THIS IS A 1920s postcard view of Quincy Square showing the old Bethany Congregational Church on the site of today's Bank of America building. Trolley tracks ran down the middle of Hancock Street which is now the Hancock-Adams Common. On the left in the foreground is the Adams Building and next to it the former Quincy Savings Bank building; today, The Quincy Sun

office at 1372 Hancock is where the American flag is on the exterior. On the right the peaked roof was the top of the Greenleaf Hotel. The roof was destroyed by fire and never replaced. The three-story Greenleaf building remains there today. Also on the right is the barely discernible marquee of the Alhambra Theater.

From the Tom Galvin Postcard Collection

READERS FORUM

More Than A Mailman

In our community today, there are many unsung heroes. These heroes are content without being in the spotlight, without receiving a thank you or the gratitude they inevitably deserve. I want to tell you the story of an unsung hero in our community. Someone who wakes up everyday and goes above and beyond his duties detailed in his job description. Someone who is a genuine good person.

My elderly father lives alone and although we try to visit often, he does not have daily company. Ex-

cept he looks forward to his daily greeting by his mailman, Danny McGuigan. Danny always greets him at the door with a smile and a small conversation that my father so looks forward to. This daily act of kindness alone makes him a hero in my eyes. Someone I admire, someone I believe my grandson and other children can aspire to be and learn from.

However, on Sept. 16th Danny took his kindness and compassion one step further. Danny approached my father's house, as he does ev-

ery day, waiting to greet him with a friendly smile...but that day was different. My father was not in his usual location and instead of just leaving his mail and walking away, Danny went with his gut feeling that something was not right.

Danny noticed his door was open and saw my grandfather on the floor, unresponsive. Danny immediately sought out medical assistance by calling 911 and stayed with my father until Engine 7 and Brewster ambulance arrived. Now, everyone that day was a hero

to my father and our family. The firefighters who approached and helped lift my father to safety, the EMTs who administered the essential aid he needed, but Danny the mailman who decided that day he would take a moment and prolong his work day to make sure my father was safe... he was my unsung hero that day.

I hope everyone is lucky enough to have a Danny "The Mailman" McGuigan in their lives. I know we are.

Ed and Simone Leary
Quincy

Urges Voters To Support Question 2 On Nov. 3 Ballot

Last month, Jake Auchincloss won the Democratic Party primary in the 4th Congressional District with 22.4% of the vote. With seven candidates running, Auchincloss won even though more than 77% of people voted for someone else.

This kind of situation is exactly why thousands of Massachusetts residents worked to put Question 2 on the Nov. 3rd ballot. Saying yes to Question 2 would move Massachusetts to a new system called Ranked Choice Voting (RCV), which would ensure candidates are elected with majority support. If passed, RCV would be mandated for nearly all state and federal elections in Massachusetts, but not for presidential elections or city and town elections.

In RCV, you number candidates to indicate your first,

second, and third choice, and so on. If a candidate is the first choice of more than half of voters, then they win, just like in our current system.

But if no one gets a majority, the last place candidate is eliminated from consideration. Anyone who had the last place candidate as their first choice now gets their second choice vote counted instead. If these additional votes give any candidate a majority, then they win. Otherwise, whoever is now last is eliminated and the cycle repeats until someone wins with a majority of the votes.

Ensuring that officials are elected with majority support is not the only benefit of RCV. It also means voters never have to choose between voting for their true favorite and voting for the "lesser of two evils" who they think has a bet-

ter chance of winning. You can express your support for your favorite candidate by giving them your first choice vote. And if you think your favorite candidate won't finish in the top two, you can also express support for another candidate with your second choice vote.

Although RCV gives voters the option of filling in second and third choices, and so on, it does not require it. If a voter prefers to mark only their first choice like in the current system, they can still do so under RCV.

RCV does not favor Republicans over Democrats or vice versa. It allows voters to more fully express their preferences and ensures that whoever wins represents a majority of

voters, regardless of what party they belong to. That's why it is garnering support across the political spectrum in Massachusetts, including prominent members of both major parties.

In cities across the country where RCV is already used, polling shows that most voters like it, and that campaigns are more civil and less negative.

With Question 2, we have a rare opportunity to give ourselves more choice in our elections. Let's say yes to Question 2 and give ourselves the fairer and more representative system that Massachusetts voters deserve.

David Shiga
Rawson Road
Quincy

More Readers Forum On
Page 8, Page 14, Page 15

Quincy's Yesterdays

This Week
1979
41 Years Ago

Union Defies Order, Votes Work Stoppage At City Hall

Service employees at Quincy City Hospital voted 66 to 8 to ignore a "cease and desist" order and stage a one-day walkout.

Jerry Shea, a staff director of Local 880 said all but handful of the 150 members would stay out of work from 6 a.m. Wednesday to 6 a.m. Thursday. Many of the employees would be picketing during the day he said, to protest lack of progress in negotiations with the city.

Enough workers would remain on the job, on a rotating basis, to handle any emergencies that might arise, Shea said.

"The Mayor is unable or unwilling to give us an offer," Shea said. "The work stoppage is the Union's way of saying: We want to straighten this thing out," he continued. "Our membership is furious."

POLICE GRID FOR TRANSIT CROWDS ON POPE'S HUB VISIT

A full complement of police officers, some 50 on each shift plus 43 auxiliary officers will be on duty in Quincy, Monday, Oct. 1, when Pope John Paul II visits Boston.

Quincy, with its three Red Line MBTA stations, is expected to be a popular jumping off spot for thousands of people enroute to the Hub to greet the Pontiff and attend the Monday night Mass on Boston Common.

Police Chief Francis X. Finn strongly urged people entering Quincy Monday to do so by means other than private automobiles since parking regulations will be strictly enforced.

Captains Roy Cavicchi and Paul LaHive have been assigned to coordinate people, traffic, and parking and Captain William Daley was named liaison to other state and municipal agencies.

EXECUTIVE SECRETARY, PURCHASING AGENT, BURKE AND KELLY ASSUME NEW CITY POSTS

Mayor Arthur Tobin has a new executive secretary and Quincy has a new purchasing agent, both starting Monday, Oct. 1.

Thomas R. Burke, of 55 Summer St., Quincy, assistant city clerk for the past 19 years, takes a leave of action to replace George Riley as executive secretary.

William J. Kelly, 98 South Central Ave, Wollaston, a recently retired Army lieutenant colonel, steps in as purchasing agent replacing Agrippino "Rocky" Rocuzzo.

On the same day, Rocuzzo takes over as assistant director of operations at City Hospital.

QUINCYISMS

In a notice to "Our Readers" The Quincy Sun announced that the Sun celebrating its 11th birthday, has raised the price of the paper from 10 to 15 cents... Shear Excitement, 305 Newport Ave, suggested "Perk Up For Fall, Perms \$20, Regular Price \$35"... Mayor Arthur Tobin volunteered to take a 5% cut and possible 10% slash in his own salary of \$25,000 and suggested that each city worker "making a damn good salary" do the same. (Editor's note: There were no takers.)... Claus Gelotte Camera Store, 1387 Hancock St., Quincy Center, was advertising "Polaroid's Q-Light/One Step, The World's Simplest Camera for \$49.90"...

Ruth Ferrara of Squantum was chosen "Treasury Employee of the Month" by Robert Q. Crane, state treasurer. In announcing the honor, Crane called Mrs. Ferrara "a very capable and efficient individual who brings a refreshing enthusiasm to everything she does"... The Quincy High School Class of 1939 announced that the class' 40th reunion would be held Nov. 10 at the Sons of Italy Hall in Quincy. Contact person: Virginia (Donaher) Chisholm... Judith Ahearn of Quincy joined the CAAP staff at the Germantown Service Center as a Community Service Corps volunteer... A ballpark Frankfurt, condiments on the side, buttered corn, spice cake and beverage was on the elementary school lunch menu for Monday, Oct. 1... Old Colony Bank, 1449 Hancock St., was advertising six-month certificates of deposit, interest rate 10.114%... Mr. and Mrs. Frank Richards, residents of the Fenno House in Wollaston, celebrated their 50th wedding anniversary at a reception by the couple's five children. The Richards were married Dec. 29, 1929 at St. Joseph's Church, Medford... WBZ Meteorologist Don Kent presented a program on "Solar Energy" at a meeting of the Wollaston Baptist Church Women at the church's Fellowship Hall.



ERIC MASON (right) was sworn in Sept. 17th by City Clerk Nicole Crispo as chief financial officer for the City of Quincy. At left is Mayor Thomas Koch. A graduate of North Quincy High School and West Virginia University with a B.S. in economics, Mason began working for the city in 2015 as an economic adviser in the Mayor's Office and moved to Municipal Finance as an economist. In July of 2018, he became the city's chief analyst which developed into Mason's current role. In addition, Mason has done research on public economics, primarily on the effects that government policy changes have on individuals and markets. A fourth generation Quincy resident, he is currently pursuing his M.S. program in Economics from West Virginia University.

Photo by Lisa Aimola, Office of the Mayor

MHSSCC 4-Phase Plan To Return To Providing In Person Services

The MassHire South Shore Career Center (MHSSCC) announces a four-phased plan to return to providing in person services at its career centers in Quincy and Plymouth over the next few months.

The plan is being implemented in compliance with COVID-19 guidelines issued by the Centers for Disease Control and Prevention (CDC) and Massachusetts Department of Public Health (MDPH), federal Occupational Safety and Health Administration (OSHA) standards, and Executive Orders.

The four-phase approach is based on public health guidance and MassHire Department of Career Services recommendations. Business and employment activities with a lower risk of COVID-19 transmission will resume in earlier phases. Public health measurement points will determine the progression through the phases to move to a soft

opening and finally to a full opening of its career centers for in person services.

"The MHSSCC is committed to providing a safe and healthy workplace for all our employees, partners, and customers. To ensure that, we have developed a COVID-19 Plan," said Ron Iacobucci, director of the City of Quincy Workforce Development Department. "Our goal is to mitigate the potential for transmission of COVID-19 in our Career Centers and communities which requires full cooperation among our employees, management and customers. Through this cooperation, we will establish and maintain the safety and health of all those who visit or work at our Career Centers."

"I want to emphasize the fact that we are open and have been open for the past six months. During that time, we have served, in the face of unprecedented numbers, our customers both job seekers and employers,

but we are serving them remotely while we work to implement our plan to return to in person services," said Iacobucci.

The four phases of the plan are described below. The progression through each phase will depend on the achievement of various conditions and benchmarks, and is subject to changes in state, federal and epidemiological restrictions.

Phase 1 (complete): Preparation phase which included organizing MHSSCC resources, continuing virtual service delivery actions, and implementing COVID-19 safety precautions.

Career Center services offered virtually. Staff members working remotely and returning voicemails within one business day. Appointments and workshops were held through virtual meetings and by telephone.

Phase 2 (current phase): Virtual services continue as the primary method for

Wollaston Garden Club Installs New Officers

Last June the Wollaston Garden Club voted on a new slate of officers to lead them for the next two years, but the celebration had to wait.

On Sept. 17th a virtual meeting and celebration were held. The Hospitality Chairs and several members prepared Goodie Bags for each member containing a beautifully designed Rose Cupcake, a Rose tote bag favor, and the Club's Yearbook. Volunteers took a list of members and their bags and delivered them to each member on Thursday after-

noon.

Later that evening, a Zoom meeting was held showing Past President Emily Lebo handing over the block and gavel to incoming Co-presidents, Ann Foresman and Kathleen Ceurvels. Also included were: newly elected Vice-President, Janet DiPaolo; Kate Wylie, corresponding secretary; Mary Ryan, recording secretary; and Linda Monaco, treasurer.

The installation was followed by a program called The Garden Tourist's New

England. Presenter, Jana Milbocker, who is an author and the owner of Enchanted Gardens, a landscape design firm, shared pictures, and stories about fifteen unique and beautiful gardens to visit in New England. Sixty-six members joined the virtual meeting and the reviews were great. The Wollaston Garden Club has several presenters planned this year on a variety of topics and is looking at ways to invite the whole community into some of the programs.

Eni Daci Mentor Nursing, Health Sciences Students

Eni Daci of Quincy serves as a peer mentor for first-year students at the University of Vermont College of Nursing and Health Sciences for the 2020-21 academic year.

Known as "LINKS,"

mentors provide first-year students with friendship,

guidance and a connection to the UVM community.

Two Residents Freshman At Lasell

Two Quincy residents are enrolled as freshman at Lasell University in Newton.

Rafael Rosado will study

corporate finance track.

Xhoana Cuni will study criminal justice.

BBB Offers Safe Delivery Tips For Holiday Packages

The holiday shopping season this year is going to be more focused on online shopping than ever. BBB is offering tips to ensure your packages are delivered to you safely and securely.

Package theft is a growing problem across America, as 36% of people recent-

ly surveyed have reported having a package stolen at least once. Porch pirates are a frequent issue.

BBB offers the following safe delivery tips:

• **Track your packages:** Follow shipments from the seller to your front door with online, text message or

phone call tracking offered through the delivery company. Sign up for alerts to be notified of delays or exceptions and when the package has been delivered.

• **Request a signature:** This package delivery feature will likely come with a

fee, but without a recipient's signature, the delivery service won't be able to leave a package exposed on a doorstep.

• **Use your credit card:** When making purchases online, use your credit card rather than a debit card or

another form of payment. Credit card companies are more likely to offer refunds in the event of theft.

• **Insure valuable items:** Purchase delivery insurance to protect merchandise against loss or damage. Contact your local police department if you do become a victim of package theft.

• **Check with online retailers:** Many online retailers offer alternative shipping options. Check to see if they offer a delivery option where you can pick up your items at a delivery hub near you.

• **Check with your employer:** Some employers

will allow package delivery to your place of work for safe keeping.

• **Ask your neighbors:** If you know people that work out of their home or stay at home that live near you, ask them to look out for your deliveries.

Remember to always report scammers. If you've been the target of a scam or suspect scam activity, report it to authorities and BBB Scam Tracker to warn others.

For reliable information, lists of BBB Accredited Businesses by industry, and BBB Business Reviews you can trust on local businesses and charities, visit BBB.org.

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Social Security Matters

Ask Rusty – No Dumb Questions About Social Security

By RUSSELL GLOOR
AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I have some questions about Social Security, but I've never been old before so these may be dumb questions.

1. My 66th birthday is in October 2021; do I put in for Social Security in January 2022? Or when?

2. I am a 30-year military retiree. Do I need to bring my DD-214 to the SSA Office when I apply?

3. My wife has not held a job outside the home, but she has worked as hard if not harder than me running and taking care of our home and affairs when I was away a lot of the time. She turns 66 in September 2022. Can she apply for Social Security and, if so, does she get a percentage of what I get?

Thank you for any help you can give me. Signed: Retired Military

Dear Retired Military: There are no "dumb questions," especially when it comes to Social Security which has over 2,700 different rules sure to perplex even the most learned among us. I'll answer your questions in the order you posed them:

1. Your full retirement age (or "FRA") is 66 years and 2 months. Your FRA is when you get 100% of the benefit you've earned from a lifetime of working. Claiming earlier will mean a reduced benefit; waiting longer can mean a larger benefit. If you wish to claim benefits at your full retirement age in December 2021, you should apply for those benefits in September 2021 (SS suggests you apply 3 months before you wish benefits to begin). Just be sure to specify your benefit start month as December to get your full benefit.

2. You do not need your DD-214 when you apply for Social Security. Your earnings during your military career are already known to Social Security and will, along with any non-military earnings, form the basis for your Social Security benefit. Your SS benefit will be based upon the highest-earning 35-years of your lifetime earnings career (adjusted for inflation). You do not need to go to the SS office to apply; you can apply over the phone (call to make an appointment first) or online at www.ssa.gov/retire. Applying online is by far the easiest way to claim your benefits.

3. Even though your wife is not eligible for SS benefits on her own work record, she can still collect a spousal benefit from you. If she waits until she reaches her FRA before she claims, she'll get 50% of the benefit you are entitled to at your full retirement age. Your wife's FRA is 66 years and 4 months and, although she can claim the spouse benefit before that, if she does it will be actuarially reduced according to the number of months before her FRA that she claims. FYI, your wife cannot collect her spousal benefit until you have started to collect your benefits.

Finally, thank you for your many years of service to our country. Your pay while serving will be part of the 35 highest-earning years over your lifetime used to compute your Social Security benefit.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Free Estate Planning Zoom Meeting Oct. 13

The public is invited to join Peter J. Fredericksen of B.O.C. Life Solutions (a licensed subsidiary of Bank of Canton) for an online, interactive Zoom meeting on Tuesday, Oct. 13, from noon to 1 p.m. on the topic of estate planning. Learn how to preserve

your independence and protect your assets from risk and uncertainty, with an estate plan.

This online event is free and open to the public. Login information will be shared with those who RSVP. Call 781-830-6152.

Social NeighborWorks Housing Awarded \$100,000 Grant

NeighborWorks Housing Solutions, a housing service provider in southeastern Massachusetts, was recently awarded a \$100,000 grant from the Eastern Bank Charitable Foundation in support of the merger between NeighborWorks of Southern Massachusetts and Housing Solutions.

The merger took place July 1, 2019 and resulted in the newly formed NeighborWorks Housing Solutions. The grant has been directed toward capacity-building, to enable the newly formed organization to sustain and increase its impact.

The merger brought together two organizations to help address the housing needs of southern Massachusetts. The grant from the Eastern Bank Charitable Foundation supports the successful implementation of the merger, and through this investment will enable the newly formed organization to expand its reach and have a deeper impact on the cities and towns in southern Massachusetts where it focuses.

Specifically, Eastern's grant will allow NHS to continue to invest in the region's gateway communities of Brockton, Fall River, New Bedford, Quincy, Taunton, and Attleboro, and create housing opportunities throughout the surrounding communities.

As NeighborWorks Housing Solutions just passes the one-year anniversary of the merger, the organization is stronger and more



NEIGHBORWORKS HOUSING Solutions, a housing service provider in southeastern Massachusetts, was recently awarded a \$100,000 grant from the Eastern Bank Charitable Foundation. From left to right: Matthew Osborne, executive vice president, Eastern Bank; Robert Corley, CEO, NeighborWorks Housing Solutions; Michael McGowan, Board chairman, NeighborWorks Housing Solutions; Nancy Stager, president and CEO of the Eastern Bank Charitable Foundation; Thomas King, Board member, NeighborWorks Housing Solutions and senior vice president at Eastern Bank. Courtesy Photo

viable than ever, in concert with the organization's goal of providing comprehensive housing resources, from rental assistance and housing resources to first-time home buyer education, down payment assistance lending, financial budgeting and foreclosure mitigation, as well as the development of new affordable housing units.

"We are grateful to the Eastern Bank Charitable Foundation for investing in NeighborWorks Housing Solutions, and the community as a whole," said Robert Corley, executive director of NeighborWorks Housing Solutions. "Their tremen-

dous support of our merger has allowed our programs to expand across the region, while fulfilling our mission of developing housing and providing resources and education in collaboration with partners in the public and private sectors and delivering the best housing assistance program in the state."

"The merger represents a big undertaking, and this year has definitely brought its challenges, but with support from organizations like the Eastern Bank Charitable Foundation, everything is going in the right direction," he added.

"As a company with

a deep and demonstrated commitment to access and opportunities, we are active advocates of initiatives that advance greater diversity and economic inclusion," said Nancy Huntington Stager, president and CEO of the Eastern Bank Charitable Foundation. "Housing is an important element of equity and inclusion for any community. It's an imperative for communities to thrive, and we thank NeighborWorks Housing Solutions for all that it does in providing economic well-being and mobility for people in southern Massachusetts and Gateway Cities."

Bank Of Canton Recognized For Community Giving

Bank of Canton was recently honored with a Boston Business Journal Corporate Citizenship Award, for ranking among the region's largest corporate charitable contributors. It is the second straight year the bank has received the award.

"Once again, we're very proud of this award," said Stephen P. Costello, president and CEO of Bank of Canton. "In turn, we want to recognize all of our personal and business banking customers, whose patronage makes our community giving programs possible."

The 2020 Corporate Citi-

zenship Awards recognized 107 businesses that each gave at least \$100,000 in cash contributions to Massachusetts-based charities or social-service nonprofits last fiscal year. In addition to Bank of Canton, honorees include multi-million dollar corporations and represented a range of industries such as healthcare, technology, financial and professional services, retail and professional sports.

"We are in a time when

giving back and helping one another is more important than ever," said Boston Business Journal Market President and Publisher Carolyn Jones. "These philanthropic companies prioritize the welfare of our communities, and we are excited to be able to honor them."

The event to recognize the honorees took place virtually on Sept. 10, to ensure everyone's health and safety.

Bank of Canton was recognized in 2019 with a Corporate Citizenship Award as well as a Greater Boston region Banking Choice award, based on its "Community Contribution" ranking in the independent Banking Benchmarks survey. Since 2005, Bank of Canton has given more than \$2.28 million to local charities and nonprofit organizations through donations and sponsorships.

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Mass Bay Credit Union In Partnership Helping Homeless Move Up

"During these difficult times, we are proud to recognize 9 program participants who have transitioned out of homelessness," announced the partnership comprised of the Boston Public Health Commission (BPHC), Friends of Bos-

ton's Homeless and Mass Bay Credit Union.

The Housing Savings Account program is designed to help individuals experiencing homelessness overcome the foundational life-rebuilding challenges of saving money and se-

curing housing. Here's how it works: the Serving Ourselves (SOS) program, a workforce development program in the BPHC's Homeless Services Bureau, assists individuals experiencing homelessness by providing educational re-

sources, work opportunities in the food services and janitorial sectors, and individual case management to support participants obtaining permanent employment in the community. Through this partnership, interested program participants open a housing savings account with Mass Bay Credit Union. Mass Bay provides access to financial tools and educational resources to these individuals and maintains direct contact with them along their way.

When the participants secure housing, the BPHC notifies Mass Bay CU and Friends of Boston's Homeless. At that point, the three partners combine to match the amount the participant saved, doubling their savings account. Mass Bay Credit Union pledged \$5,000 in funds through the Mass Bay Credit Union

Charitable Foundation.

Mariann Bucina Roca, Friends of Boston's Homeless executive director, said, "This is an innovative partnership where the public, private, and non-profit sectors come together to bring about change. Together we are helping those experiencing homelessness reach their goal of achieving financial and housing independence."

"Helping people secure housing is a perfect example of the credit union ideal of 'people helping people,'" says Terry Dorilas, Mass Bay CEO. "Our goal here is to help our members and continue to be a strong partner in the community. So far, 9 individuals have received matching funds," she notes and adds, "At Mass Bay, giving personal attention to our members is our primary focus."

Stephanie Rodriguez,

Career Center Manager with the Boston Public Health Commission Homeless Services Bureau shared the following success story: After becoming disconnected from family, Robert was eager to reintegrate into society and applied for the SOS program. Always working with a smile, he sought out opportunities to assist other program participants, worked additional shifts, and applied for work opportunities in the community. Through his efforts, Robert received full time employment at a major delivery company earning well above living wage and was able to request the full match upon being housed. Robert was able to obtain financial independence and housing in five months by participating in SOS and the Housing Savings Accounts (HSA) program.

WHAT'S COOKING

with

Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Rita's Special Frittata

By MARIE

When we were kids a frittata would be mostly eggs and diced onion blended together and was a dish that we would have for breakfast once in a while. Now frittatas are made using a variety of combinations and just by adding a few different ingredients they can be very different and enjoyed any time.

Recently my daughter, Rita, made the most delicious frittata that can be enjoyed at any time as you will see.

Ingredients and Directions:

- 1 large potato, thinly sliced with a mandolin or sharp knife (be careful)
- 2 or 3 slices of prosciutto, diced
- 2 tablespoons cherry tomatoes, cut in small pieces

1/4 cup cheddar cheese or favorite cheese

6 to 8 eggs

Salt and pepper to taste

2 tablespoons olive oil

In a large skillet (and if you have a cast iron skillet that would be great to use) heat the olive oil and place the potatoes in one layer. Let the potatoes sauté for a few minutes but do not turn and set aside.

In another bowl, beat the eggs and add the pieces of prosciutto, tomatoes and salt and pepper. Beat until well blended.

Pour that mixture over the potatoes and cover and cook until knife in center and it is done.

Top with cheddar cheese, let melt for a minute. When done, cut like a pie and enjoy!

Healthy Grain Free Cinnamon Raisin Cookies

By SUSIE

These cookies are certainly a treat and will give you a nice substitution for refined grain and sugar cookies.

High in protein, fiber, healthy fats, just enough sweetness and they really taste like oatmeal cookies. Lovely with a nice cup of tea or my favorite coffee substitute, Dandy-blend herbal coffee made from dandelion root.

*Please use organic ingredients to reduce toxic load on the body.

RECIPE

- 1/4 cup pasture butter (you may substitute virgin coconut oil)
- 1/3 cup raw honey
- 1 egg
- 2 tsp cinnamon
- 1/2 tsp nutmeg

1 cup almond flour

2 tablespoons coconut flour

2 tablespoons chia seeds

1/2 tsp baking soda

1/2 cup raisins

Preheat oven to 350 degrees.

(I use a beater for this step but you may use wooden spoon) cream together butter and honey well. Add egg and cream some more until mixture is very smooth.

Add flour slowly and incorporate well until there are no lumps along with the spices, soda and chia seeds. Add raisins last, stirring until well incorporated.

Bake on parchment paper (spooned about the size of ping pong balls) for about 12-15 minutes. Remove and flatten them a bit. Enjoy at any temperature! Freezes well also, if you happen to have any leftovers.

Stuffed Chicken Breast Or Boneless Thighs Stuffed With Spinach And Ricotta

By MARIE

Chicken is a staple for a lot of us and so we always find ourselves looking for different ways to prepare it for our families or guests. Today's recipe for chicken stuffed with spinach and ricotta will not disappoint. This dish can be served with any favorite side.

Ingredients and Directions:

4 chicken breast or boneless thighs (change this number depending on how many people you are feeding.)

1 and 1/2 cup spinach, steamed until wilted

1 cup of ricotta cheese

2 tablespoons of grated parmesan cheese

2 tablespoons olive oil (add more if you need more)

In a bowl, mix together the ricotta cheese, spinach and parmesan cheese.

Place the chicken breast on a cutting board and using a sharp knife cut an opening about 4 inches wide to make a pocket for the stuffing. (If you use chicken thighs, they are usually already open and ready to stuff.)

Stuff each breast with the spinach/cheese mixture, secure with toothpicks.

You can cook this dish two ways - your choice.

In a skillet, in 2 tablespoons of olive oil, cook and turn until chicken is golden brown and meat is thoroughly cooked through.

Or you can prepare a cookie sheet with parchment paper and bake in a 350-degree oven for about 30 minutes or until meat looks cooked through.

If you are baking the chicken in the oven be sure to pre-heat first.

READERS FORUM

Return Of Sports Welcomed

An article recently appeared in The Quincy Sun, "Quincy Students Can Play High School Sports." Kudos to the Quincy School Committee members, especially Doug Gutro in mentioning emotional and social health factors involved in denying students being able to participate in athletics.

A somewhat similar situation arose many years ago involving the city of Quincy School Committee and the re-instituting of sports programs after they had already been cancelled. It happened while the country was deeply involved in World War II.

Somewhat like today's conditions while the country is at war with the dreaded COVID-19. The decision was made to cancel all varsity sports to aid in the war effort despite a plea from President F. D. Roosevelt to the country to continue such programs in support of the morale of everyone and the war effort.

I along with other members of the basketball team, which were devastated, decided to attend the next School Committee meeting to combat the frivolous reasons given for the action in closing down sports pro-

grams. Definitely democracy in action involving a small group of teenage boys, all of whom were off to war in a few short months.

We were successful in our attempt and all sports were immediately returned starting with the 1943 baseball season. The fact being that basketball 1942-43 was the only sport canceled in the Quincy school system until COVID-19 reared its ugly head.

The return of sports even with its restrictions is certainly welcomed.

James P. Papile
Harkins Street
Quincy

Saddened By Passing Of Joseph LaRaia

I was saddened to hear of the passing of Joe LaRaia, a Quincy political legend who served the city he loved so much for so long. Starting out as Ward 2 councillor representing his own Quincy Point neighborhood, he went on to serve as a city councillor at-large, then as mayor and finally as a city assessor.

He was definitely a

people person and served the City of Quincy as only he could. He had that great smile and low key style that you couldn't help but like. When he talked with you or listened to you, it felt like he actually understood what you were saying and if he said he would look into something, he did and got back to you too.

I considered him a friend

from the moment I first met him. If someone asked me to define what a politician is, I would say Joe LaRaia and mean it. His presence in this city will be missed. He was a good man who cared about life and helped those around him to care about their lives too.

I was thankful to hear he died peacefully at home surrounded by his family. I remember when I ran for the Quincy School committee in 1995, he was among the first to call me and congratulate me on taking out papers.

He was one of those people who challenged himself and reached beyond his grasp. Sometimes he won, other times he lost but he never gave up on living his life as an active participant in it. We should all aspire to do just that ourselves.

Rest in peace my good friend.

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Hiatal Hernia: Symptoms, Treatments

A Message From Ruth Jones, City Of Quincy Health Commissioner



RUTH JONES

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

A hernia happens when internal tissue or part of an organ pushes through a weakness in the body part's "wall" that normally holds it in.

The organs in the belly are held in the abdominal cavity by the abdominal wall and are also retained in place by the diaphragm. The diaphragm is a dome-shaped muscular layer that separates the abdominal cavity's organs from the heart and lungs in the chest cavity.

The diaphragm is the part of the body that is affected by a hiatal or hiatus hernia. This muscle shifts up and down for breathing. There are no open holes in the diaphragm, but significant structures and vessels run through it. The largest one of these is the esophagus, which runs down from the back of the mouth to the stomach, connecting the two, and is critical for propelling food downward. Just above the stomach, the diaphragm customarily, tightly encases the esophagus to keep abdominal organs and tissues in their place and stays attached to the esophagus when it narrows down after food passes through into the stomach.

This tapering of the esophagus helps to keep the contents of the stomach from coming back up the chest area. A hiatal hernia is where part of the upper stomach pushes through the diaphragm at this ordinarily snug point. Part of the stomach can "herniate" at this "hiatus" if the opening is weakened. Hence the name, Hiatal Hernia.

Experts do not fully comprehend all of the causes of the weaknesses that result in hiatal hernias. A hiatal hernia is thought to be instigated by pressure pushing up on the diaphragm. There may be inherited genetic factors that increase the risk of this pressure. The weakening has been associated with a number of risk factors making it more probable.

Hiatal hernias are more common among obese people over age 50. Other risk factors include upward strain because of weightlifting, straining to push out a stool when emptying the bowel or persistent coughing or vomiting. These circumstances temporarily intensify the pressure inside the abdominal cavity.

A hiatal hernia is more prevalent in pregnant women because the abdominal organs are simply pushed upward during pregnancy.

A defect in the diaphragm present at birth is another cause, but these hiatal hernias are rare. Injury affecting the diaphragm can also lead to a hiatal hernia, such as trauma from falls or traffic accidents. Infrequently, some esophageal surgeries carry the increased risk of precipitating a hiatal hernia.

The stomach bulging up as a hiatal hernia often gives no symptoms. It is often discovered coincidentally in people who have an exam for another reason.

These hernias are divided into two categories:

- Sliding hiatal hernias are the most common and usually small. In a sliding hiatal hernia, the stomach and the section of the esophagus that joins the stomach slide up into the chest through the hiatus. This is the more common type of hernia. These hernias move up and down, rather than having a stomach portion that remains fixed and bulged out of place.

- Paraesophageal hernia is less common, but is more cause for concern. About 1 in 10 hiatal hernias remain out of place pushed up through the diaphragm. The esophagus and stomach stay in their normal locations, but part of the stomach squeezes through the hiatus, landing it next to the

esophagus. Although you can have this type of hernia without any symptoms, the danger is that the stomach can become "strangled," or have its blood supply shut off.

Both types are often asymptomatic. If symptoms from a hiatal hernia are present generally they are the result of acid moving up from the stomach, causing heartburn, a burning sensation around the lower chest area. Heartburn tends to exacerbate in relation to different foods and drinks or occurs when lying down and bending over, especially when done shortly after eating. It can generate an unpleasant taste in the back of the throat, as well as bloating and belching.

If heartburn symptoms in particular become a habitual problem, people may be diagnosed with a condition called acid reflux. Acid reflux is when a person continues to experience heartburn at least twice a week. If acid reflux happens too frequently and for an excessive amount of time, the condition can evolve into gastroesophageal reflux disease (GERD).

The risk of a hiatal hernia associated with obesity, implies that confronting the issue of being overweight, could prevent it, or

at least assist in controlling symptoms. Other identified causes and risk factors may not be preventable, however in all cases when there are symptoms can be managed. For any hiatal hernia, diet modification can help.

Items that may need reducing include:

- Alcohol
- Caffeine
- Chocolate
- Tomatoes
- Acidic foods and drinks
- Fatty or spicy foods

Additionally, the timing of eating and drinking can be an important element because mealtimes influence when acid can regurgitate back up into the esophagus. It is vital for those diagnosed with a hiatal hernia to have meals 3 hours or more before lying down. Subsequently, they should always remain sitting upright while eating.

If a hiatal hernia is triggering a problem with acid reflux, doctors may prescribe a drug to reduce stomach acid and heartburn symptoms. Treatments to relieve symptoms are also available over the counter without prescription:

- Antacids are liquids or chewy tablets that diminish the acidity of the stomach contents.
- Alginate products make a foamy gel at the top of the

stomach contents, providing a barrier to acidic contents.

- Doctors can prescribe stronger medications for persistent difficulties.

People who develop long-term, severe reflux problems may consider an operation if lifestyle and medical treatments do not work. If part of the stomach squeezes through the diaphragm into such a bulge that it loses healthy blood supply, surgery may become a necessary option.

Hiatal hernia surgery can often be performed as a laparoscopic, or "minimally invasive," procedure. If you have been diagnosed with a hiatal hernia and you develop severe pain in the chest or abdomen, become nauseated, are vomiting, or are unable to have a bowel movement or pass gas, you may have a strangulated hernia or an obstruction, which are medical emergencies. Call your doctor immediately.

Ruth Jones is the health commissioner for the City of Quincy.

The Salvation Army MA Division Sets Out To 'Rescue Christmas'

For the first time in 130 years, The Salvation Army is starting its annual holiday fundraising campaign early across the country in order to rescue Christmas. The funds raised through the organization's iconic red kettles are at risk this year due to COVID-19 while requests for services are at an all-time high.

Based on the increase in services already provided in response to the pandemic, the organization could serve up to 155 percent more people in 2020 with Christmas assistance, including putting food on the table, paying bills, providing shelter and helping place gifts under the tree — assuming the resources are available. In Massachusetts, The Salvation Army served more than 400,000 people last year. If there is the same level of increased requests for service, that would mean a significant increase in the number of people who need help this holiday season.

At the same time, due to the closing of retail stores, consumers carrying less cash and coins, and the decline in foot traffic, The Salvation Army could see up to a 50 percent decrease

in funds raised nationally through the red kettles, which would limit their capability to provide services for the most vulnerable. To put this in perspective, last year \$126 million was raised nationally (with \$2.5 million coming from Massachusetts) through about 30,000 red kettles.

"With just 100 days until Christmas, we recognize that the number of people who are struggling to make ends meet continues to grow. Our ability to raise vital funds to serve those in need this holiday season and beyond is at risk," said Major Marcus Jugenheimer, General Secretary, The Salvation Army Massachusetts Division. "We need everyone who has the capacity to come alongside us and ensure that the holiday season is bright for millions. While you won't see red kettles out in communities until November, we're asking you to help rescue Christmas with us by providing support in any way you can now."

"Our hope is to offset these challenges to meet the increasing demand for services across Massachusetts and our nation," Jugenheimer added.

Since March, The Salvation Army has provided more than 12 million meals across Massachusetts, as well as nights of safe shelter, and emotional and spiritual support to over 800,000 people in need nationwide. Now more than ever, The Salvation Army is making it safer and simpler to donate in order to support the most vulnerable across the Commonwealth.

- The best way to ensure that these vital services continue is to enlist in Love's Army with a sustaining monthly gift of \$25 per month.

- To help ensure the safety of bell ringers, donors and partners, The Salvation Army has adopted nationally mandated safety protocols and implemented more online virtual kettles. (Note: In-person kettles will begin in November)

- Donate digitally with Apple Pay or Google Pay at any red kettle in Massachusetts.

- Ask Amazon Alexa to donate by saying, "Alexa, donate to The Salvation Army," then specifying the amount.

- Give any amount by texting "RescueChristmas"

to 41444.

- Donate physical gifts in bulk.

- Adopt additional Angels to give hope and joy to kids and families in need through The Salvation Army's Angel Tree program.

Every donation provides help and hope to those in need, and all gifts stay within the community in which they are given. Visit [RescueChristmas.org](https://www.salvationarmy-ma.org) to donate

or learn more about how you can help The Salvation Army rescue Christmas this year. If you need services or know of someone in need, visit www.salvationarmy-ma.org to find a location near you.

Free COVID-19 Testing In 18 Communities Extended Through October

The Baker-Polito Administration has extended the state's "Stop the Spread" free COVID-19 testing initiative through Oct. 31.

The testing is available in 18 high priority communities across the Commonwealth: Brockton, Chelsea, Everett, Fall River, Framingham, Holyoke, Lawrence, Lynn, Marlborough, Methuen, New Bedford, Randolph, Revere, Salem, Saugus, Springfield, Wintrop, and Worcester.

The Stop the Spread initiative is a data-driven targeted effort to reduce the prevalence of COVID-19 in communities that are above the state average in total cases and positive test rates. All residents of these 18 communities, including asymptomatic individuals, are urged to get tested at one of these locations. These

testing resources are open to all residents of the Commonwealth.

Residents can visit the initiative's website at mass.gov/stopthespread to find testing locations and additional information. Residents are reminded that if they test positive for COVID-19, answer the call when they are contacted by the Community Tracing Collaborative or their local board of health.

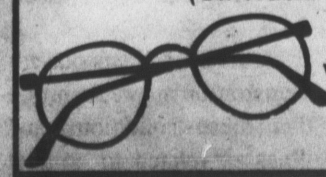
Also, any individual who needs a safe place to isolate can call (617) 367-5150 to access an isolation and recovery site at no cost.

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On Thursday, Sept. 24, the Quincy Police Drug Control Unit (DCU) was conducting a joint investigation with the Drug Enforcement Administration (DEA) into the illegal distribution of narcotics in the area of 2 Hancock St., Quincy.

At approximately 1:10 p.m., detectives observed what they believed to be a drug transaction involving the occupants of a black Honda and another individual. Once the parties separated, detectives approached the vehicle. The driver of the vehicle was identified as a 25-year-old from Medford. The passenger was identified as a 22-year-old from Wakefield. Both suspects were placed in handcuffs and detained at this time.

Detectives spoke to the individual involved in the drug transaction with the occupants of the black Honda. The individual turned over to detectives a clear plastic bag containing approximately 70 small round blue pills that had the appearance of 30mg oxycodone, also known as "Perc 30's." The individual paid \$1,200 for the pills. Detectives noticed the small, round, light blue tablets inside a small zip lock bag were imprinted with the markings "M 30."

DCU detectives know from training experience that tablets with this appearance and markings are supposed to be Oxycodone 30mg tablets. DCU detectives sus-

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

pected the tablets to contain fentanyl as the coloring and markings were slightly inconsistent. Detectives weighed the tablets inside the zip lock bag and the weight amounted to 8.10 grams.

Detectives located \$1,200 in the passenger door of the Honda. Both occupants were placed under arrest and transported to Quincy Police Headquarters where they were booked by Sgt. O'Shea. Both individuals were charged with distribution Class A and conspiracy to violate the drug laws.

Nice work!

Another Job Well Done:

On Monday, Sept. 21, at approximately 11:30 a.m., Officer Lawrence, Officer Wells, K-9 Officer Parisi, and Sgt. Faherty responded to a residence on a report of a family disturbance. Upon our arrival, they met with the reporting parties who stated their 20-year-old son came by the house and was acting erratic, swinging a stick

around, entered the home, and refused to leave.

While speaking with the parents, officers witnessed the son walking around the front yard and driveway in an aggressive and erratic manner. He was acting in a non-cooperative and non-communicative manner and would only speak to officers in rhymes/slang/other terminology that was unable to be understood.

After 10-15 minutes, the son stripped all of his clothing off, exposing himself to onlookers, and dumped a full trash barrel onto the lawn. He picked up a glass bottle from the trash, tossed it casually in the air behind him, causing it to shatter. He then picked up a piece of the broken bottle and threw it at the back of the C781 cruiser. The son eventually put his shorts back on for about five minutes, stripped naked again, and climbed onto the ambulance that was now on scene.

The entire time, officers communicated to him that he needed to get on the stretcher and go to the hospital to be evaluated. He refused all commands.

Sgt. Faherty arrived shortly after and started to speak to the son. He was able to convince him to return to the lawn. While the sergeant spoke to the son, officers slowly closed the distance around him and were able to restrain him and get him onto the stretcher. The son was transported to the hospital to be evaluated. Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, SEPT. 18

VANDALISM/PROPERTY (graffiti), 9:13 p.m., Elmwood Avenue and Newport Avenue. NIBRS to be filed.

LARCENY/MOTOR VEHICLE, 7:58 p.m., Hancock Street. Caller parked her car in lot last night and now it's not there. Reporting party to be transported to Ayers to retrieve motor vehicle.

SATURDAY, SEPT. 19

BREAKING AND ENTERING/PROGRESS (business), 12:08 a.m., KC Sportscards, 33 Temple St. Back area motion, break found upon arrival. Owner is enroute. B&E report submitted.

BREAKING AND ENTERING/PAST (dwelling), 6:145 a.m., Botolph Street. Arrest made. Caller stated he thought someone broke into his car then stated he thought someone broke into his house. One arrested for this B&E and charged one count burglary.

BREAKING AND ENTERING/PROGRESS (dwelling), 7:06 p.m., Mill Street. Arrest made. Male party called and stated his address and then put the phone down and started yelling at someone. Reporting party is screaming that someone broke into his house. Female took the phone and stated that male had a knife. Charge of B&E.

INDECENT EXPOSURE (in car), 4:07 p.m., Crown Colony Drive. Gone on arrival. Male and female west side of parking lot. Park of SUVs blue and black. GOA.

LARCENY (box), 8:28 p.m., Burgin Parkway Extension. Reporting party still unpacking. Moving company already found one missing box. OFC provided reporting party with his contact info; she will call if other box is not found. Misplaced at this time.

BREAKING AND ENTERING/PAST (dwelling),

9:28 p.m., Sullivan Road. Happened within the last five to six hours; silver sports car. Came through the window and they went through all rooms taking electronics. Person was wearing a hoodie. Neighbor saw a person with a duffle bag and was in a silver sports car. Broke into his safe.

SUNDAY, SEPT. 20

BREAKING AND ENTERING/PAST (possible break in), 12:52 p.m., Whitwell Street. Reporting party noticed basement door is open unsure when it happened or if anything has been taken. No sign of break.

BREAKING AND ENTERING/PAST (dwelling), 6:03 p.m., Channing Street. Left Thursday, came home today. House ransacked, party came through basement.

LARCENY (scooter), 6:44 p.m., Walnut Street. Caller said several black youths took his scooter; Yamaha black and red moped recovered from neighbor's yard.

MONDAY, SEPT. 21

LARCENY (two sliding glass doors), 6:17 a.m., Arlington Street. Second floor beside elevators. Two sliding glass doors that were to be installed this week.

BREAKING AND ENTERING/PAST (found medication), 1:18 p.m., Holmes Street. Vacant house homeowner opened the door and found medication. Did not go into the home unsure if there is anyone inside. Request of officers to check the home.

LARCENY (airpods), 3:06 p.m., Quarry Street. Unfounded. See caller in area of Ida Street; states her airpods were stolen and they are pinging in the area of that address. Airpods turned off, searched area, unable to locate.

BREAKING AND ENTERING/PAST (dwelling), 3:37 p.m., Sumner Street. Door lock is tampered with. Happened while out today. Door was opened and reporting

party's dog is now missing.

LARCENY (package), 6:24 p.m., Marlboro St. Caller would like to speak with an officer. She had a package delivered today at her parent's home and when her father went to pick up the package it was opened and the item in the box was missing. Reporting party wishes to be called on phone.

TUESDAY, SEPT. 22

BREAKING AND ENTERING/PAST (business), 3:27 a.m., Neighborhood Club, 27 Glendale Rd. Kitchen motion, members entrance alarm activated. Second floor window above kitchen appears open. Scuff marks on fence nearby. Alarm company stated key holder would have someone responding. QFD notified to assist with entry. Second call from alarm company reporting kitchen and members' bar motion activation. Alarm company informed officers on location at this time. Interior check completed. Nobody located there but there was some evidence recovered.

LARCENY (two bikes), 6:57 a.m., Greenleaf Street. States two bikes were stolen out of storage area. Black/red Trek and blue REI adult mountain bikes. Bikes were located in another part of the basement.

LARCENY (package missing), 10:01 a.m., 1000 Southern Artery. Vermont Country Store package was taken from lobby on Sunday. No larceny.

BREAKING AND ENTERING/PAST (prescription bottle), 1:13 p.m., Holmes Street. Homeowner found a new prescription bottle with a name on it and believes it may be another suspect who broke into the house. Wants to speak to an officer about it. Supplemental report to yesterday's report.

LARCENY (of services), 3:52 p.m., Newport Avenue. Thai massage customer came in and got one hour massage and fled before paying. They have incident on camera and partial contact info.

LARCENY (past), 5:04 p.m., BJs, 200 Crown Colony Dr. Employee stole money, person is in the security office. Juvenile employee Report and complaints.

WEDNESDAY, SEPT. 23

LARCENY (past), 7:20 p.m., Copeland Street. Sent cash for puppy, believes scam.

THURSDAY, SEPT. 24

VANDALISM/PROPERTY (mailbox), 10:54 p.m., Centre Street. Gone on arrival. Called said someone kicked over his mailbox. White male wearing shorts, long-sleeve gray hoodie, took a right on Station Street. Party took a left and jumped a fence at 16 Station St. Additional call from Centre Street reporting two suspicious males on his property. White male, shorts, no shoes is now walking towards Copeland. Other white male gray hoodie went in unknown direction. No damage done to the mailbox. Officers checked area for individuals but were unable to locate.

Breaking & Entering MV: Newbury Avenue

Breaking & Entering MV: attempt: 900 block Sea Street

Breaking & Entering in Progress: Mill Street, Temple Street

Breaking & Entering/Past: Holmes Street, Glendale Road, Sumner Street, Channing Street, Sullivan Road, Botolph Street

Total Calls For Service: 1,029

Baker-Polito Administration Files Bill To Honor Veterans Lost To Service-Related Illness

The Baker-Polito Administration has filed legislation to create a Massachusetts Medal of Fidelity, which will be presented by the Massachusetts National Guard to the families of veterans who lost their lives to service-related illnesses and injuries.

"This legislation will provide an opportunity for the Commonwealth to recognize the tragic toll that service-related illnesses and injuries can take on the brave men and women who serve in our nation's armed forces," said Gov. Charlie Baker. "The Medal of Fidelity will honor their families and loved ones, as well as those veterans whose deaths were related to the invisible

wounds of war and other conditions resulting from their combat service."

The bill, entitled "An Act Relative to Establishing the Massachusetts Medal of Fidelity," will authorize the Commonwealth to award the Medal of Fidelity to the next-of-kin of Massachusetts service members who "died as the result of service-connected diseases, conditions or injuries that are related to either exposure to harmful toxins, herbicides, agents, and materials or combat-related post-traumatic stress disorder."

"This bill reflects our administration's recognition that these conditions and illnesses related to combat

service can contribute to the death of our heroic veterans," said Lt. Gov. Karyn Polito. "It also allows us to honor them and the families they leave behind, many of whom struggled alongside their loved ones and made their own very real sacrifices."

As a complement to the Medal of Liberty, which is presented to the families of Massachusetts veterans who die of combat-related physical injuries, the Medal of Fidelity will recognize service-connected injuries related to exposure to harmful substances, such as Agent Orange, as well as death attributed to combat-related mental illness.

"The Administration's

bill reflects our shared concern for all Massachusetts veterans, and especially those whose brave service came with great sacrifice," said Secretary of Public Safety and Security Tom Turco. "The Medal of Fidelity is one small way we can honor everything they – and their families – gave to the nation."

"The impact of service extends beyond active duty, with service-related illnesses including less obvious, but equally important service related health issues, such as PTSD, depression, and substance use disorder, which affect individual veterans and their loved ones," said Health and Human

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City Could Acquire 2 Downtown Buildings

Con'd From Page 1

disposition agreement, also with LBC Partners, that would allow the company to develop two more pieces of the Hancock Lot. One parcel, designated as R2 in city planning documents, is located on the corner of Dennis Ryan Parkway and Revere Road and the second parcel, known as R3, is located near the intersection of Revere Road and Mechanic Street.

Koch said he would submit a revised version of that LDA to the council as soon as Oct. 5.

"As you know, we introduced months ago an LDA to the council. We will be updating that for the next meeting to deal with both of those parcels with the plan LBC has brought forth," Koch said. "That should be introduced at the next council meeting."

The mayor said the size of the two buildings LBC would construct has not been determined yet and will be finalized during the permitting process. They will likely use a five-floor-over-podium design, similar to Nova Residences.

"It would be residential units, apartments, with some retail on the first floor, much like that side of the downtown has been envisioned since day one," Koch said.

"I don't expect them to build a tower. My guess is it is going to be similar to their other one - five over a podium, which is the most

economical way to build right now for developers and institutional money."

While the new structures won't be as tall as Chestnut Place, Koch said the total number of residential units between them could exceed the 140 apartments inside O'Connell's building.

In addition to the revised LDA, the mayor said he could also ask the city to acquire a pair of Hancock Street buildings.

One is at 1453 Hancock St. and is home to a Tae Kwon Do studio. Acquiring that building, Koch said, would help connect Hancock Street with new development planned for the Ross Lot.

"We're looking at the land acquisition pieces," Koch said. "The master plan in the square showed other potential takings, so we are refining that as we speak. My guess is definitely go in with the Tae Kwon Do building...next to the Family Dollar."

"It's kind of a more narrow storefront, maybe 38 or 40 feet...Rather than Ross being an old backdoor, it's going to have its own development, so we need some more connections between the two sides. That one is the narrowest lot, so the most economical lot for the city to do to this."

The second building is at 1620 Hancock St. It was home to a pizzeria but has sat vacant since a 1997 fire. That property would be ac-

quired so it could be flipped to a developer.

"We're probably going to bring in a taking on the old Tasso's Pizza building, which is just sitting blighted for a long, long time. I don't know how people can just sit on real estate and pay their taxes," Koch said.

"We'll just end up flipping that to a developer. The city is not interested in owning that parcel."

In his inaugural address earlier this year, the mayor announced plans to acquire and demolish the Munroe Building at 1227-1259 Hancock St. to make way for a new high-rise municipal building that would accommodate both city offices and provide a home for Quincy College.

That project could be submitted to the City Council later this year, Koch said recently.

"I expect we will be before the City Council with a proposal this fall," he said.

Koch has said the new building could be as tall as 15 stories. The height of the structure is still being worked out.

"That will be determined, but it will be a significant building. And, don't forget this will be a commercial building. A commercial building floor to ceiling is taller than a residential building. It will be significant in size for sure," he said.

"We're kind of refining the need right. We're going through those exercises."

Quincy College presently leases space inside Presidents Place at 1250 Hancock St. The mayor said the future of the city-owned on school depends on finding a permanent home for it.

"I can say this without any hesitation: I think the future of Quincy College depends on being in its own home. I think that it has to put down roots. They are too much at the whim of a

private landlord when at any point the landlord could say, 'we're not renewing, we've got someone else coming in.' Where do you go with 100,000 square feet on the Red Line for Quincy College, number one?" Koch said.

"Number two, over time, the college can better manage the budget and model because, rather than pay a landlord rent every month, they would be paying the city rent to offset the debt service on the building. That doesn't go up every year like in a private building. Generally speaking, they build in an increase on rent every year, which the college has to deal with. Our debt service actually goes down over time - it doesn't go up - so they can really project and model over several decades with solid numbers."

"There is a lot of work to be done - a lot of I's to be dotted and T's to be crossed - but it would cement the future of Quincy College in my view with a new facility."

The building would also house the municipal offices now located in the nearby glass annex building at City Hall, which Koch has said could require millions of

dollars in renovations in the coming years.

As part of the proposal, the glass annex would be demolished. A portion of its footprint would become part of the Hancock-Adams Common and the remainder would be used for a planned project at the Quincy Center MBTA station.

The McIntyre Government Center, also known as Old City Hall, would remain standing and would still be used by the City Council and other municipal boards.

The mayor had previously considered constructing a performing arts center where the glass annex stands in partnership with a private donor. In the recent interview, however, Koch said it would be too expensive to do so.

"After going through a very thorough and in-depth engineering review, the premium to build it there because of the noise and vibration of both the Commuter Rail and the Red Line for a performing arts center would be prohibitive. It was like a \$30 million premium," Koch said.

"Both the guy who is interested in building one here and we agree that's just crazy."

The new performing arts center could instead be built on the city-owned Messina Lot at 1565 Hancock St.

"We own the Messina Lot, so we are taking a hard look at that, if that can be a performing arts center on the lower floors and then maybe go up 10 stories with condominiums or some other type of use," Koch said. "That's being looked at as we speak."

As for development at the Quincy Center MBTA station, Koch said he expects something to take place there in the future. Projects like that, however, have been placed on the backburner as the transit agency struggles with low ridership amid the coronavirus pandemic.

"The MBTA is in a very difficult time right now. They are hemorrhaging money. The Commuter Rail is at 8 percent [ridership]. The Red Line is 23 percent. Bus service is 42 percent," Koch said.

"They're losing tons of money and revenue right now. I think some of these other projects are just put on hold right now. They are just focused on staying alive and continuing to provide service as best they can."

Adams Collection Decision Possible This Week

Cont'd From Page 3

If the trustees do vote to return the collection to Quincy, Koch said the next step would be to determine what upgrades would be needed at the Adams Academy.

"The next stage would be taking a hard look at the Adams Academy and the needs of that building for climate control, for fire suppression, for security and safety," he said. "That's priceless, that collection. We have to do everything we can to make sure that we are good custodians of it."

The mayor said he would also appoint a five- or seven-member committee - including representatives from the Boston Public Library, the Crane Public Library, the National Park Service, Quincy Historical Society and the Adams family - to help with the process.

Koch said he was still determining whether the Quincy Historical Society would be able to continue using the Adams Academy if the col-

lection is brought there.

"We're having those discussions now," he said. "I value what they bring to the community and what they do for us. They're going to be a partner in whatever they do."

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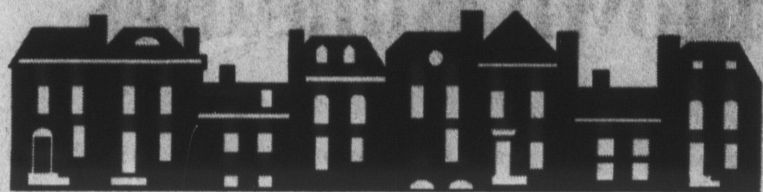
Domestic violence in the home can affect the entire family system, and children often feel that impact. There are some misconceptions about children who've experienced domestic violence such as children being too young to realize what is happening or children being resilient and unaffected.

Whether it is emotional or physical violence, children pick up on the tensions between parents/caregivers and may feel many conflicting emotions as a result. At DOVE, we know the importance of working with survivors and their families as units and support parents to talk with their children about what they've experienced. The good news is that there are many ways to support children to mitigate the impact of domestic violence. Some might include getting a child connected to therapy, increasing social and physical activities in a child's life, and connecting children to other supportive adults who can model healthy relationships. Any chance to increase a child's sense of safety and connection can help to increase a child's overall wellbeing.

October is domestic violence awareness month. Typically, we focus our work and intent on adult survivors, however, we know that children are having impacts as well. As isolation has increased with social distancing and virtual learning for all families, we know this is a heightened time for many and continue to base our work around increasing safety and connection with survivors in our community.

Please visit our website to learn more ways that you can get involved: www.dovema.org

24-Hour Hotline: 617.471.1234 or 1.888.314.DOVE (3683)
Community Advocacy & Prevention Services 617.770.4065



Real Estate

Quincy Real Estate Transactions September 21 - September 25

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Pivnichy Family Trust
Khoa Hoang, Kiana Truong, Linh Truong
Deckard1 LLC
Katlyn T. Campbell
Pascale Family Realty Trust,
Estate of Eugenia I. Pascale
Stedman Family Trust
Jeremiah M. Knowles
Lee-Family Irrevocable Trust
G&K Realty Trust
KR Revocable Trust
Anne E. Fallon
Charles P. Riley, II 2017 Trust
Zlatanov Family Trust
Neponset Point LLC
Thomas P. & Laurie D. Henighan
Diane M. Shields
250 Whitwell Avenue Realty Trust

BUYER

SJ South Central Avenue Realty Trust
Hoan N. Dao
AZ Forest Realty Trust
Myles Dobbins
Thomas D. Ahearn

Liang-Chun Chang
Christine Sullivan
Vincent Wu
Bradford J. Chambers
Xing G. & Bao P. Chen
William P. Kiley
Jeffrey A. & Brittany M. Knowles
Zhi X. Liu & Kam S. Wong
Chia-Yu Chung
Thomas M. Tomasian
Ilir & Alda Marko
Steven & Evis Mason

AMOUNT

\$825,000.00
\$690,000.00
\$1,610,000.00
\$306,000.00
\$431,000.00

\$410,000.00
\$475,000.00
\$632,000.00
\$530,000.00
\$323,000.00
\$650,000.00
\$645,000.00
\$665,000.00
\$649,000.00
\$252,000.00
\$399,000.00
\$235,000.00

ADDRESS

249-251 South Central Avenue
39 Lancaster Street
126-128 Main Street
156 Sumner Street, Unit 1-156
11 Hyde Street

100 Cove Way, Unit 407
7 Utica Street
26 Pope Street
78-80 Whiton Avenue
115 West Squantum Street, Unit 108
884-888 East Squantum Street
29 Whaler Lane, Unit 83
89 Butler Road
57 Quincy Shore Drive, Unit 512
24 Cummings Avenue, Unit 1B
100 Cove Way, Unit 910
250 Whitwell Street, Unit 13

New 150-Foot Tower Proposed For Police, Fire Radios

By SCOTT JACKSON

Mayor Thomas Koch is asking the City Council to approve borrowing \$3.65 million to pay for construction of a new 150-foot-tall radio tower for the city's police and fire departments and five simulcast stations throughout the city.

The proposed tower would be located on Rockview Road, which is located off Quarry Street near the city's new dog park. It would replace the radio equipment

located atop Quincy Medical Center, which is slated for demolition early next year.

Koch, in a recent interview, said the new location was chosen because of its proximity to Quincy Medical Center.

"It's right near the old location. The old location was at Quincy Hospital. The city has a series of hills, so peaks and valleys, and there are dead spots and stuff that have to be dealt with. Some-

body said we could put it all on the big tower out in West Quincy, well that doesn't help us," Koch said.

"Keep in mind, communication for fire and police is paramount for them to do their job. If you have a radio system that is not dependable, we're putting men and women in jeopardy. This is not a wish-list item. This is a priority and we need to take care of it. Once it is done, it will put our departments really in great shape for com-

munication purposes."

The mayor was optimistic the new tower would be installed before Quincy Medical Center is demolished.

"If the council moves on this, it's not complicated," he said. "It's kind of an erector set."

The five simulcast stations would be located at Pagnano Towers in Quincy Point, North Quincy High School, the Ricciuti Drive water tower, the Houghs

Neck fire station, and the Squantum fire station.

The bond request to pay for the new tower and the simulcast stations was submitted to the council on Sept. 21. It was referred to committee that night.

Ward 4 Councillor Brian Palmucci said it would be important for his constituents to have their voices heard as the council considers the matter.

"Whether it was the billboard or the tower in

West Quincy, people felt as though they didn't have a voice in the process," he said. "They felt as though they were duped in some way, that the process went forward without them knowing the facts or how to get involved."

Palmucci requested that the proposal be placed on the council's agenda for the meeting in which it would be discussed, rather than just being taken out of committee that night.

Register O'Donnell Discusses How To Record A Land Document

Norfolk County Register of Deeds William P. O'Donnell reminds residents that even in the midst of the COVID-19 pandemic, the Registry process to record land documents is designed to make it as easy and seamless as possible.

"Whether the document in question is a deed, mortgage, homestead, mortgage discharge or any other type of land document, Registry staff have been trained to record the documents in as expeditious and accurate a manner as possible," O'Donnell said.

"As the depository of

over 8 million land documents," O'Donnell continued, "there are certain basic steps that need to be followed when submitting a land document for recording. First and foremost, the document needs to be associated with one of the 28 communities comprising Norfolk County. In addition, the document must be an original; we will not record photo copies or documents submitted via fax. Please note in many cases, land documents require signatures be notarized before they are recorded."

"It should also be noted

that the Registry does not draft land documents. The Registry of Deeds is in the business of recording land documents only. If an individual is unsure if a drafted land document, particularly a deed, is in proper order, it may be prudent to have a lawyer familiar with real estate law review the document for its accuracy. A simple mistake on a deed for example could lead to a major problem."

Another important point to note is that there are various fees set by the Commonwealth of Massachusetts associated with the recording of land documents at the Registry. Recording fees vary depending on the specific land document

type. The Registry's website, www.norfolkdeeds.org has a fee schedule that can be consulted for specific recording fee amounts. The Registry accepts checks made out to the Norfolk County Registry of Deeds. The Registry also accepts cash payment.

"Once you have a land document ready for recording and know the fee and type of payment," stated O'Donnell, "you can then choose how to actually get the document delivered to the Norfolk County Registry of Deeds. Due to the COVID-19 pandemic, the Registry of Deeds building is currently closed to all members of the general public and real estate pro-

fessionals alike. The options to get an original document and payment to the Registry of Deeds for recording are via regular mail, Federal Express, or placing the document and payment in a drop-off box located just outside the main entrance to our building located at 649 High St., Dedham."

O'Donnell concluded by stating, "Our trained recording staff is more than happy to record your land documents. Land documents are recorded in an expeditious manner once they arrive here at the Registry. It should also be noted that

institutional users such as lending institutions and law firms have the additional option to submit documents electronically via our two e-file vendors, Simplifile and ePN.

"Finally, if you have any questions about land documents in general, please call our Customer Service Center at 781-461-6101, Monday through Friday between the hours of 8:30 a.m. to 4:30 p.m."

Residents in need of assistance can call (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

Fall Cooking Classes Online

Colin McCullough will present a new series of cooking classes online this fall. The classes begin at 7 p.m.

Thursday, Oct. 8 - Whole Food Soups. Learn how to make Fragrant Coconut Soup, Lebanese Red Lentil Soup, and Creamy Tomato Soup.

Thursday, Nov. 12 - Healthy for the Holidays. Learn ways to make traditional meals lighter and

some new healthy holiday dishes that are lighter.

Thursday, Dec. 10 - DIY Healthy Gifts Everyone Will Love to Eat! Learn to make Peppermint Blizzard Rolls, Orange Chocolate Bites, and more.

Join on Zoom (meeting ID 873 8149 9949). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio.

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New Hybrid Approach Seen For High Schoolers

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motely.

The district had initially considered moving the additional students from remote to hybrid learning in two phases with grades four through eight transitioning on Oct. 13 and high schoolers transitioning on Nov. 9, which is the start of the high schools' second semester. The School Committee in September voted to move the high school start date up to Oct. 13 in light of improved public health metrics.

The two high school principals – Rob Shaw of North Quincy and Larry Taglieri of Quincy – presented a proposed new hybrid model for their students during the committee's meeting on Sept. 23. The school board did not vote on the change that night but could do so at this Wednesday's meeting.

The new model keeps the same two-cohort approach as the previous model. One cohort will be in school on Mondays and Tuesday and remote on Thursdays and Fridays while the other follows the opposite schedule. Wednesdays would be remote for both cohorts.

The new model does change students' schedules throughout the school day, however.

Under the old model, students would have four classes on in-person days with live instruction and those courses would have an asynchronous component during the remote days. Two other subjects – English and social studies – would have been held fully remote with live instruction.

With the new model, students would have live classes as well as two asynchronous classes during their in-person days. The high school principals compared those asynchronous classes to study halls, except they

would have assignments due by the end of the period. Students' remote days would include a mix of live and asynchronous classes.

Taglieri said the goal of the change is reduce the number of students who need to switch teachers mid-semester once in-person learning begins. Some change is unavoidable, however, because not all students will make the move from remote to in-person.

"Whatever we do we're going to have some change. We want to minimize that change as much as we can," Taglieri said. "Why does there have to be change? Because some students are going to choose to remain on remote and some students are going to choose to come in."

The new model means students are more likely to keep the same teacher, he said, but not necessarily the same schedule.

In addition, under the new model English and social studies will no longer be remote-only, Shaw said.

"Rather than designate certain subjects or departments, such as English and social studies, as the fully remote departments, we would open that up, make any subject potentially be the remote class or the in-person class," he said. "Unlocking that door opens up all sorts of possibilities where you can place those periods."

All students – those who move to the hybrid plan and those who stay fully remote – will receive less live instruction during the week once the transition is made. A student currently receives 250 minutes of live instruction each week per subject, which would be reduced to 150 minutes with additional asynchronous time, the principals said.

The district has asked

parents to decide whether or not they plan to send their child back for in-person classes once the transition is made on Oct. 13. The survey was sent to 6,000 parents on Sept. 11 and about 4,000 had responded as of the Sept. 23 meeting.

Superintendent Kevin Mulvey said 51 percent of ninth graders plan to be back for in-person classes when they resume, as do 40 percent of tenth graders, 38 percent of eleventh graders and 40 percent of twelfth graders. At the lower grade levels, the number of students who plan to transition from remote to hybrid varies from 32 percent in grade four to 51 percent in grade eight.

Mulvey said he has heard from some parents who are opting out of the in-person learning that are concerned about older relatives living with them.

"Their concern is still fear of COVID-19, a valid fear. A lot of families have older people – grandparents, aunts and uncles – living with them at home in the same household," Mulvey said. "That has been one of the biggest concerns, not necessarily that their child is going to get sick, but potentially the child bringing the illness home to high-risk family members."

Shaw said some parents he has spoken to have children who prefer to learn remotely.

"For some students, it works," he said. "They discovered in the spring that this appeals to their learning styles and we're offering them the opportunity to stick with it."

Committee member Doug Gutro said he was concerned the district might be rushing into hybrid learning for high schoolers who want to return to the classroom at the expense of

teaching time for those who do not.

"I worry that we might be, in a quest to get the in-person, we might get the benefits of the social and emotional for the small segment of folks that feel safe enough to come back, but then we're going to hurt the others by reducing teaching time," he said.

Mayor Thomas Koch, the chairman of the school board, said he would defer to the principals and superintendent on the hybrid model.

"We're in unprecedented territory, we're in a crisis and everybody is working their tails off. There is no perfect answer here. As a School Committee member, I would defer to the educa-

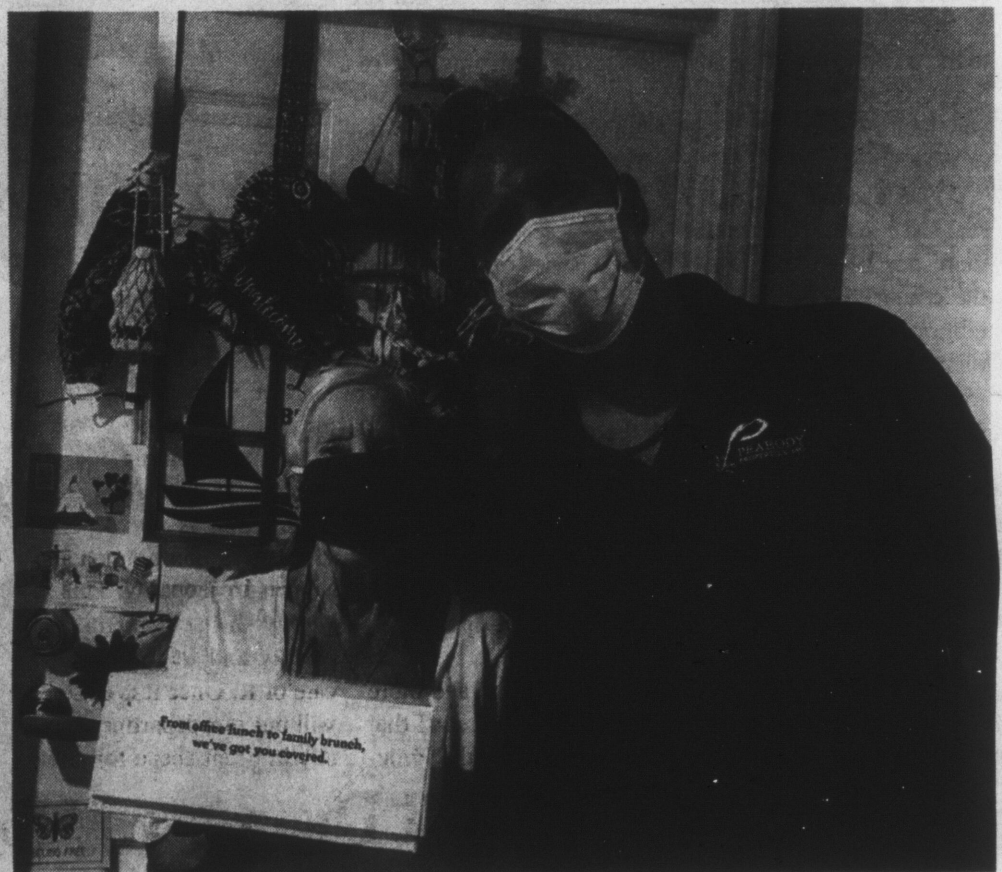
tors," Koch said. "At the end of the day, whatever you think is best is fine with me."

Committee member Emily Lebo said would also defer to school administrators and echoed Gutro's concern about the decision to move up the hybrid start date for high schoolers.

"I don't want to force something on you. I want you to feel like you can make the decisions and come and tell us what you're going to do," Lebo said. "I think because we're moving into hybrid so fast, we've sort of screwed this up for lots of kids, that's what I think, because now everyone is going to be asynchronous a significant amount of the time."

Anthony Andronico, the committee's vice chairman, said he wanted the school department's re-opening task force to consider the new model before the school board voted on it. Mulvey said the task force could look at it prior to Wednesday's meeting.

Committee member Kathryn Hubley asked the principals if a teacher from one school could lead a remote class with students from both schools, like some teachers at the lower grade levels are doing. Shaw said it might be a possibility, but Lebo said it might not work because the schools have different schedules with a different number of periods during the day.



RESIDENTS AT The Moorings at Squantum Gardens in Quincy recently experienced a creative take on their traditional annual summer cookout. Because the yearly event needed to be rethought due to pandemic-related mandates regarding gatherings, all residents received a free boxed lunch, prepared by Roche Brothers and delivered by Moorings staff (wearing masks and gloves, of course) containing barbecued chicken, baked beans, cole slaw, corn bread, watermelon chunks, and a brownie. This may be the start of a new tradition. Pictured here are resident Barbara Coleman and Peabody Properties Service Manager Brian LeBlanc.

Photo Courtesy Nicole Joy Hales

Councillors Seek Expanded Voting Options

Cont'd From Page 1

with the Quincy Police Department and the Secretary of the State's Office.

In addition, the resolution asks the election department to consider allowing curbside voting at locations throughout the city.

Palmucci said he authored the resolution because delays seen with postal service nationwide in recent months could mean ballots sent by mail do not reach the election department in time to be counted.

"I think the city should publicly explore ways to ensure that voter disenfranchisement does not occur as

a result of the problems with the postal service," Palmucci said.

"I'm just asking that we have a discussion publicly and we explore potential solutions to make sure that everyone maintains their right to vote here. Whether that is neighborhood drop-off locations for ballots across the city or curbside drop-off or curbside voting, everything should be on the table."

Palmucci said he had spoken with City Clerk Nicole Crispo about the issue and has confidence in her and her staff.

"I have the utmost confidence in her and her team.

They do a fantastic job," Palmucci said. "Nothing I'm raising here is at all calling into question the job that they do and I'm not raising anything they haven't already thought of."

"The only difference is that I would like the process to be more transparent, inclusive and done through the council meetings and the public input and involvement come through the City Council."

The original resolution included a preamble referring to problems with the postal service, but Palmucci struck that section after

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Koch Won't Declare Racism A Public Health Crisis

By SCOTT JACKSON

Mayor Thomas Koch believes racism is a real issue facing the United States but will not declare it to be a public health crisis, as some activists have called on him to do.

The mayor also discussed ways to potentially make the city's police, fire and school systems more diverse as part of a recent interview.

When asked about whether he would declare racism to be a public health crisis in Quincy as some mayors, including Boston's Marty Walsh, have done in recent months, Koch said racism is real in the United States and has existed for many years. Koch also pointed to his administration's efforts to increase school funding, referring to the classroom as the great equalizer, and to the completion of the new South-West Middle School and nearby Kincaide Field in West Quincy.

"I believe that racism is a real issue in this country and there has been a history in the country of various generations of different types of racism, prejudice, biases toward in some cases immigrants. Obviously, this is about the African-American population," Koch said.

"I think, and I have said this publicly a number of times, I think anybody and everybody can look in the mirror and say I could do a little bit better. I don't care who you are.

"Having said that, I also suggest to people to look at the administration and the city's priorities over the past decade. Every year, the biggest increase in the school budget, which has a positive impact for every kid no matter your background, your ethnicity, your color, your creed, your religion. We have good class size. There is a huge commitment by our city to provide education.

"There is also the old saying about how the classroom is the great equalizer. No matter what home you come from — and some kids don't come from great homes or don't have the same support some other kids have — they get that same nourishing, great treatment and surround care from our system, from our teachers and our staff. They are very caring people. That's one.

"Two is, we just finished the South-West Middle School and we built a \$6 million park behind it in arguably the most depressed neighborhood of our city and, the census block numbers show, probably the highest concentration of African Americans. So, judge us on our performance."

Quincy, Koch continued,

has not seen racial incidents that other parts of the country have experienced.

"What I think has happened is a lot of folks have taken a national narrative based on incidents happening in other parts of the country and tried to back it into our community and it doesn't fit. That doesn't mean we're perfect. That doesn't mean we can't make some improvements," Koch said.

"We've had discussions — the police chief and I and some of our staff — on how we can improve things. Our police department is one of the best-trained in the commonwealth. We continue to invest in training. That's all part of it.

"We don't have these incidents. Again, I'm not suggesting we don't have any issues or problems. We're a city of 100,000 dealing with human beings every day. There are going to be challenges. There are going to be issues. There are going to be issues of bias or prejudice.

"But, I view my job as to lead the city, try to bring people together, and make sure if there is any of that systemic anywhere that we eradicate it, we eliminate it. We can't control every individual's behavior."

The mayor said he spoke out after graffiti with hate speech was left at a playground on South Central Avenue over the summer.

"At the park a few weeks ago at South Central where they had that incident where somebody tagged some of the equipment, I said it's possible a few different issues with this individual that did this. One is a complete ignorance. One is mental health issues. Third is they're just an evil person. There is evil in the world, there are ignorant people in the world and there is mental health issues in the world," Koch said.

It is important for Quincy to have discussion around racism and bias, Koch added, saying Quincy has long been a city of immigrants.

"I'm not going to solve it all, but I think the discussion is good. It's healthy for a community to go through. Keep in mind, we've been a city of immigrants for a hundred years and this has been a gateway city. City Clerk John Gillis used to say, 'I grew up in the Point. I had Jewish friends, Protestant friends, Muslim friends. We all played football together, we all went to school together, and we all got along,'" Koch said.

"If you look at the Asian influx, that's been a smooth transition on all that. We have smaller African Amer-

ican population here, but nonetheless they are moving in. Anytime I engage somebody, 'why are you picking Quincy,' wherever they are from: safe city, great school system, great parks, great programs, good services for everybody."

The mayor concluded by saying the nation is facing a real health crisis with the COVID-19 pandemic and he wasn't sure what declaring racism to be a public health crisis would accomplish.

"We have a real public health crisis right now with the pandemic. That's what we're dealing with

right now. I don't think it would be responsible for me to declare that. I think that it's some that are seeking just to have the title to it. I don't know what it brings to the table, honestly. We're in dialogue with community activists and folks," Koch said.

"I know there are people who will never be happy with what we do. There are people that don't like me. There are people that have called me a racist. They don't even know me, they haven't even met me, which is disappointing but that's the time we're living in. People come to quick judgment

about people and they don't want to hear anybody else's opinion."

There have also been calls in recent months to make the city's police, fire and school departments more diverse and better reflective of the population they serve.

Koch said the city's hiring of police officers and firefighters follows state civil service rules, which give preference to veterans.

"We belong to a statewide civil service system, which is heavily weighted for veterans and we call for residents' lists. Kids have figured out, most kids, to get

a real shot they need to go in and serve. They need to go in and be a veteran. Some kids have scored well, and the timing has been right — maybe they got a 99 or 100 — and didn't have to go in the service," Koch said.

"If there is an Asian kid, an Indian kid, an African American kid who wants to go on police or fire, they ought to think about service like the average white kid has done because they know that's the threshold. We're part of a statewide system. I can't do what I want to do."

Quincy, he said, could one day leave the system,

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MEMBERS OF Quincy For Transformative Change held a stand-out Sept. 24 outside United First Parish Church, the "Church of the Presidents," in Quincy Center. The group organized in an effort to "change things for the better within our community" and also believes in "contributing your energy and talents in ways that fit you best." Members advocate standing against racism and injustice and for taking action for a more inclusive and egalitarian Quincy. For more information on the group, visit its Facebook page at facebook.com/groups/quincychange or sign up for the mailing list at <https://bit.ly/3dETJV5>.

Quincy Sun Photo/Robert Bosworth

Quincy For Transformative Change Stands With BLM

The local grassroots organization, Quincy For Transformative Change, announces it invites residents to participate in a weekly stand-out outside the United First Parish Church, the "Church of the Presidents," at 1306 Hancock St., Quincy Center.

The standouts began Sept. 24 and will continue weekly on Thursdays from 3:30 to 5:30 p.m.

Members of the group said the standouts are in support of the Black Lives Matter movement with a focus on racial justice and equality for all citizens.

"Our mission is to stand for the changes that will improve life for all our citizens, to represent our view point as moral witness within a framework of non-violence and non-engagement," organizers said.

Children, parents, students, elders, all gender

identities and all physical abilities are welcome to participate in the standouts.

The group asks those who do participate to follow COVID-19 precautions: masks must be worn, social distancing a priority and stay safe at home if ill or exposed.

READERS FORUM

Mayor Koch: The Time To Act Is Now

The a copy of the following letter sent to the office of Mayor Thomas Koch was submitted to The Quincy Sun for publication.

Good day,

I am writing with the expectation that you will pass this along to the mayor. My husband and I have lived in Quincy for over a quarter century and we have family members that are life-

long, multi-generational residents. Quincy is a great place to live and it is really going places.

And that is why it is so important for the mayor to take a public stand against racism, racial injustice and institutional barriers that people of color face in our city and beyond. There is no bubble over our city that protects us from the social

ills that surround us and we carry on denial at our peril. If we are going to move forward together as a city and earn the regard of the families, businesses, visitors and others that see Quincy as a home, an investment opportunity and a destination, we must make it abundantly clear that hate has no home here.

Racism has no home

here. Injustice and maltreatment will not be tolerated by anyone against anyone! We cannot encourage a culture of silence on this matter. People are watching. Our family is watching, and waiting.

The time to act is NOW.

Daniel Higgins
Jain Ruvich-Higgins
Quincy

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Bernazzani School Student Tests Positive For COVID-19

By SCOTT JACKSON

A student at the Bernazzani Elementary School tested positive for COVID-19 shortly after the start of the new school year.

The student tested positive on Sept. 20, according to public health metrics published by the school department on Sept. 23.

Ruth Jones, the city's health commissioner, said parents at the school were notified and the appropriate classrooms were sanitized. The student and one other student determined to be in close contact will be required to quarantine in accordance with Massachusetts Department of Public Health guidelines.

"We did a case investigation and contact tracing and found only one close contact in the class. This other contact was considered a close contact only because they carpool together," Jones said in an email.

"The case will isolate at home for 10 days and the contact will quarantine at home for 14 days per the MDPH protocol. The parents of students were notified and the appropriate rooms received a deep disinfection."

Mayor Thomas Koch, in an interview, said the student did not contract the virus while at the school.

"We have protocols in place," he said. "Ruth Jones is very active with the school system on decision making and our best approach."

"I think we are doing everything we can, in a smart way, to protect public health, but these things are going to happen. Hopefully you can isolate them and you don't have to close the whole school down, but if we have to close the school down, that's what we will do and we will go back to remote."

I just don't see the need," Koch said.

"I haven't had the opportunity to talk to the city clerk about it yet either. She might have some ideas and she might like some of this. If the election department thinks that some of this makes some sense, I will certainly work with them."

"But everything was so flawless on primary night. What's the point?" The mayor said he was unsure police officers being asked to pick up ballots from residents as part of their job duty and was also concerned about someone tampering with ballots left inside kiosks in locations away from City Hall.

READERS FORUM

We Can Do Better, Quincy

I really appreciate the four writers for telling us that racism isn't real and diversity doesn't matter. I'm sure they would know from their lived experiences as members of the majority in Quincy.

I really appreciate them telling those who want a more diverse city government the city should only hire the best qualified candidate. I think it's funny how so often the "best candidate" for a position in the police has the last name Koch, Keenan or Tobin.

Or how the new fire chief is the son of a longtime deputy chief. And one of his captains is the son of recently retired fire chief whom Koch was able to appoint after some shenanigans.

But those are civil service jobs, you say, and the city follows all the rules. What about the schools then, where there is no civil service? The new deputy superintendent is none other than the daughter of one superintendent. And the son of a different superintendent is the principal at Central Middle School, which also happens to be where Koch's daughter-in-law-to-be landed a job this summer.

Let's also turn our attention to city hall. Is there one minority department head there? I see none on the city website, except for the ominous "Asian Office."

I do not mean to insult those who do work for the city, but city jobs shouldn't be just for the politically connected, though I'm sure the Trump supporters out there do not care about nepotism, including our fearless mayor per the Boston Globe, but that is another matter for a different day.

We can do better Quincy.

Jessica Wood
Puritan Drive
Quincy

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Council President Nina Liang asked him to do so, because she did not want it to reflect poorly on postal workers in Quincy.

Ward 5 Councillor Charles Phelan Jr. said the city should explore all options to make sure all votes can be counted.

"I'm going to support this resolve. I think it's important," Phelan said. "We need to explore everything to make sure every vote counts. I'm very confident that our city clerk, Ms. Crispo, will take this and work with her department and come up with a plan."

Councillor Anne Mahoney said she would like to see additional drop-off boxes throughout the city based on feedback she heard from residents.

"Drop-off boxes in additional places would be beneficial," she said.

Ward 1 Councillor David McCarthy said he liked the idea of placing drop-off boxes at fire stations.

Ward 6 Councillor William Harris, who oversees the Quincy Center post office, said residents could leave their ballots inside their home mailbox as outgoing mail for a carrier to pick up. Harris also encouraged residents who do vote by mail to cast their ballot as soon as possible.

"Leave it in your mailbox and mail early," Harris said. "That's the key."

Harris added that he worked with Crispo ahead of the Sept. 1 primary to ensure ballots his post office received went straight to City Hall rather than going to Boston first for sorting.

Mayor Thomas Koch, in an interview on Sept. 23, said he had not yet read the resolution nor spoken to Crispo about it. Koch said he felt the resolution might not have been necessary because he did not hear any complaints from the city's voters following the Sept. 1 primary.

"I didn't hear anybody complain that they couldn't participate. A lot of people took advantage of that mail-in system. It's so easy to do."

I just don't see the need," Koch said.

RIP Joe LaRaia

Recently, I lost a good friend and classmate, Joseph LaRaia. We graduated together in the Class of 1950 at Quincy High School.

Ten years later, we both ran for city councillor and we both were elected. Joe was Ward 2 and I was Ward 5. That was in 1960 ten years after our high school graduation from Quincy High.

I was a city councillor for eight years and Joe was a city councillor for even longer. I became acting mayor of the City of Quincy and Joe was elected mayor of the City of Quincy.

Joe and I were friends for 70 years. May he rest in peace.

Attorney George Burke
Quincy

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Downtown Construction Activities

Proposed work activities for the week of September 27th, 2020



- Work continues at 25 Temple St on Washington St for the new building foundations. The sidewalk along Temple St remains closed during construction with the continued pedestrian detour. Businesses in this area remain open during construction.
- Construction continues to the north and south foundation walls at the General's Bridge project. The contractor continues to backfill between the new foundation walls below the future bridge roadway.
- The contractor at the General Dunford Drive project will continue installing new drainage infrastructure and continue importing backfill material to bring the area up to the new roadway grade. The new gas line is still scheduled to be installed in the roadway in the next couple of weeks. The section of sidewalk along Hancock St remains closed along the front face of the old buildings during construction. The temporary pedestrian detour remains in place. Pedestrians should continue to cross the street at the crosswalk before the project area.
- The contractor will continue the new drainage infrastructure, underground electrical, and underground communication improvements for the General McConville Way project this week. A temporary lane closure will occur on Walter J Hannon Parkway while the new underground communication infrastructure is installed into the existing communication vault. The traffic entering Ross Way, should continue to travel north and exit through Cliveden St. Ross Way remains a one-way travel. A temporary turn around remains at the end of Ross Way adjacent to South Shore Health.

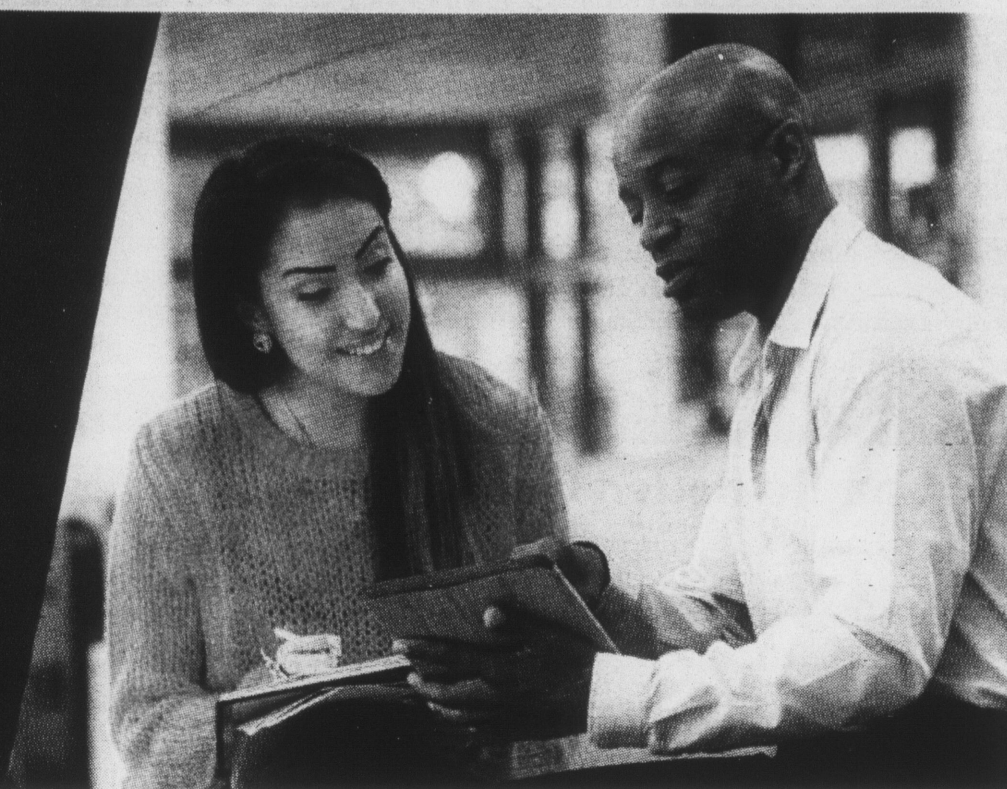
(The photo on the above left is a picture of a new communication vault structure placed within the new McConville Way roadway for future underground communication. The photo on the above right is a picture of the overall excavation of the new underground communication and electrical systems.)

<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction question's at: 781-264-4646 or email at: pmccarthy@woodardcurran.com

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RENTING A POWER edger will make creating a large garden bed easier and less labor intensive.
Photo Courtesy Melinda Myers

Create New Garden Beds This Fall

By MELINDA MYERS

Fall is a great time to create new garden beds. Cool, usually drier, fall weather makes it easier to work in the garden and for plants to establish. Plus, the Garden To-do list is often a bit shorter this time of year and you will get a head start on the next growing season.

Start by locating the

placement, size and shape of this new garden. Always contact your local underground utility locating service at least three business days in advance. It's free and as easy as calling 811 or filing an online request. They will contact the appropriate companies who will mark the location of their underground utilities in your

work area. This reduces the danger and inconvenience of accidentally knocking out power, cable or other utilities while you create a beautiful landscape.

Use a rope or hose to outline the area. Avoid tight corners or creating narrow grass borders that will be difficult to mow or require

Cont'd On Page 19



SUE HOY, artist, with 'Pomegranates'

Artist's Showcase: Sue Hoy

"I've been making art as long as I can remember. My parents were always very supportive and encouraged me to pursue a career in the arts. I have a BFA and worked as a graphic designer for many years before moving to painting and teaching. If I had to pick a favorite medium, it would be oil paint. I love its versatility and open drying time. It can become a thin wash of transparent color or a thick, juicy stroke that holds the texture of the bristles.

"I am inspired by color and light. I strive to bring vibrancy and energy into my painting through colorful and deliberate mark making. By using bold strokes, I aim to simplify my subject down to its essential elements, pushing it towards

abstraction and bringing it back. Having the viewer see the energy of the brush mark or the line of charcoal, invites them into my process. Some of my influences include Matisse, Diebenkorn and Hoffman. Their use of color and ability to simplify inspires me. I don't really have a favorite subject matter when it comes to painting. The imagery I'm most drawn to includes animals, still life, and beach scenes.

"When I started painting 20 years ago, I was stingy with my materials. I would only squeeze out a small amount of paint on my palette and I painted very thinly. It finally dawned on me that the only way to get the look I wanted was to use a lot of paint. My advice to anyone looking to ener-

gize their work and achieve bold strokes would be to use more paint, don't hold back and experiment!

"I also love ceramics and working in three dimensions. Clay is my favorite medium when teaching art to children. Young children have the uninhibited freedom to follow their instincts when making art. They freely respond to their sense of wonder and curiosity when working with clay. Watching kids create, reminds me of the importance of experimentation and play. Picasso said it best, "Every child is an artist. The problem is how to remain an artist once he (she) grows up."

Sue has been involved in numerous local art shows and public art projects. She teaches classes for children and adults at the art centers in Milton and Quincy.

Sue works out of her home studio in Milton. You can see examples of her work at suehoy.com or contact her at suehoy@comcast.net.

Bay State School Learn-To Skate Classes Start Sunday At Shea Rink

Bay State Skating School announces new winter learn-to-skate classes for children, ages 4 to 18 are at the ice rinks in Quincy and Weymouth.

Classes at the Shea Memorial Rink on Willard Street, Quincy, start Sunday, Oct. 4 at 11 a.m. for five weeks and at the Con-

nell Rink, 220-R Broad St. in Weymouth, Sunday, Oct. 4th at 2 p.m. Classes are also available at 10 area rinks.

Use either figure, recreational or hockey skates. Beginner, intermediate and advanced classes taught by professional instructors.

For information and to register, call Bay State Skat-

ing School at 781-890-8480 or visit online at www.baystateskatingschool.org.

Bay State Skating School is compliant with the Commonwealth of Massachusetts COVID-19 guidelines. The number of students allowed on the ice will be limited.

MPL Online Art Exhibit Features Painter David Dauer

Milton Painter David Dauer will show a virtual exhibit of his work on the Milton Public Library website during October.

"Floral Arrangements," a new work by Dauer, represents a transition over the past two years from his surrealist stories to a new world of nature and life, using flowers as the vehicle to

tell his stories. In his new work, he develops abstract structures with rich textures to create a vibrant underpainting. With that done, he draws his imagery and then paints using color washes and thick paint to create color.

"Flowers, and in some

cases landscapes, are the vehicle to convey my visual conversations," Dauer says. "Flowers represent more than what we see in the natural world. They represent all life and the interactions we experience around us."

Born in Brooklyn, NY,

Dauer grew up in Framingham. For 35 years he lived in Milton, until recently settling in Canton with his wife Debbie. You can see

the exhibit starting Oct. 1 at: <https://miltonlibrary.libguides.com/art>

David's website is: www.dbdauerstudiostore.com

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Sheriff Jerry McDermott Endorsed By County Police Chiefs Assn.

Norfolk County Sheriff Jerry McDermott has been unanimously endorsed by the Norfolk County Police Chiefs Association (NCP-CA).

At a recent meeting of the organization, all 28 chiefs representing each community in the county voiced their support for the election of Sheriff Jerry McDermott for Norfolk County Sheriff.

In a letter, Dover Chief Peter McGowan, president of the NCP-CA, said, "you have even a tireless partner

and staunch ally of the law enforcement agencies of Norfolk County, and each of us is grateful for your support."

Citing the sheriff's many successful programs to assist the youth and seniors of the county, McGowan added, "your community outreach has been excellent, and you have been attentive to the needs of each city and town in Norfolk County."

"I am truly honored and humbled to have earned the trust and support of these

law enforcement leaders. These men and women are some of the most dedicated professionals I've ever worked with, and they are on the front lines day in and day out, keeping our communities safe," said Sheriff Jerry McDermott.

McDermott, who was appointed by Gov. Charlie Baker to fill the unexpired term of former Sheriff Mike Bellotti, will be on the ballot this Nov. 3.

For more information go to www.SheriffJerryMcDermott.com.

Sheriff Candidate Patrick McDermott Endorsed By MA State Treasurer

Patrick McDermott, Democratic candidate for Sheriff, announces the endorsement of Massachusetts State Treasurer Deborah Goldberg.

In endorsing McDermott, Goldberg said, "Patrick McDermott's commitment to community, public service and to the people of Norfolk County is second to none. He provides a voice for those who feel forgotten. His experience and focus on crime prevention, crisis intervention, continuing education and hope will be a great asset to both the Nor-

folk County Sheriff's Office and the entire county.

"It is because of the person he is, the work he has done and the vision he has that I am proud to endorse Patrick McDermott for Norfolk County sheriff," Goldberg added.

"I am honored to be endorsed by Treasurer Goldberg," Patrick McDermott said. "Her work to reimagine the Treasurer's office is a great example of what can be accomplished with an expanded vision. Through her Office of Economic Empowerment, she has created

partnerships and built effective financial literacy programs for everyone.

"It's that kind vision that I will bring to Sheriff's office to better serve the people of Norfolk County through partnerships and programs which will increase awareness, safety and prevention."

Patrick McDermott has served the 28 cities and towns of Norfolk County for the past 18 years as the Register of Probate.

For more information, visit www.patrickmcdermott.org.

Keenan Receives ACA Distinguished Advocacy Award

Massachusetts Senator John Keenan received the National Distinguished Advocacy Award, the most prestigious award presented by the American Cancer Society Cancer Action Network (ACS CAN), in recognition of his significant contributions to the fight against cancer.

Sen. Keenan received the award along with Massachusetts State Representative Danielle Gregoire, and both were recognized for their role as champions of first-in-the-nation legislation that prohibits the sale of all flavored tobacco products, including menthol flavors, e-cigarettes, chewing tobacco, and cigars, in the Commonwealth.

ACS CAN, the advocacy affiliate of the American Cancer Society, presents the annual award to select lawmakers who demonstrate outstanding leadership in the area of cancer-related public policy advocacy.

Sen. Keenan decided to get involved in the fight against the tobacco industry after learning from students in his district that e-cigarette use by young people was spiraling out of control, and that they felt they were being targeted by the tobacco industry.

"Youth smoking rates were plummeting," noted Keenan, "so Big Tobacco started targeting our kids with e-cigarettes, filled with highly addictive nicotine. They did it with flavors like

mango and mint, with innocent looking devices, and through social media. Before parents and educators knew it, a whole generation was at risk."

In 2019, Sen. Keenan and Rep. Gregoire teamed up with public health advocates to file a bill that would ban the sale of all flavored tobacco products in the Commonwealth. After endlessly working to convince their colleagues, fighting back against the tobacco lobbyists, and defeating countless amendments that would have weakened the legislation, the pair garnered overwhelming bipartisan support for the bill. Their efforts resulted in the passage of the first-in-the-nation legislation to prohibit the sale of all flavored tobacco products, anywhere in Massachusetts.

"Both Sen. Keenan and Rep. Gregoire exemplify what it means to be passionate advocates for public health," said Lisa Lacasse, president of ACS CAN. "Their bicameral collaboration and commitment to advancing lifesaving legislation is a testament to their deep commitment to protecting youth and Black, Latino and LGBTQ communities that are disproportionately impacted by the burden of tobacco use. It's thanks to their unwavering determination that future generations will be protected from a lifetime of tobacco addiction."

"We are fortunate to have

two incredible legislators on our side in the fight against Big Tobacco," said Marc Hymovitz, director of Government Relations for ACS CAN in Massachusetts. "To say Sen. Keenan and Rep. Gregoire were passionate about this issue is an understatement - they were nothing short of legislative champions and key to our victory in keeping flavored tobacco out of the hands of Massachusetts' kids, our minority communities, and other targeted groups."

"I could not have done this work without the incredible advocacy of young people in my district who came to me with a hope for a more healthy future for themselves, their siblings, and their peers," said Sen. John Keenan. "It was an honor to work with young people across the Commonwealth, Rep. Gregoire, and advocates from the American Cancer Society and American Heart Association to stand up to Big Tobacco and make Massachusetts a leader in tobacco reform."

The award was presented on Sept. 15 as part of the annual ACS CAN Leadership Summit and Lobby Day. Nearly 700 cancer patients, survivors and their loved ones met virtually with their elected officials to urge them to support policies that increase funding for cancer research and prevention programs and address barriers that prevent diverse populations from enrolling in clinical trials.

give you not only the church service, but the bulletin and other information about what's going on at Bethany.

Or, you can go directly to YouTube and type in Bethany Church Quincy, Massachusetts to find all of the services.

Broad Horizons Pre-school is open and accepting students both full and part-time. Call 617-479-7300 for information.

Liang Gives Keynote Address At Asian Community Development Community Breakfast

WGBH and WORLD Channel General Manager for Television Liz Cheng was honored last week at the Asian Community Development Corporation's (ACDC) annual Dim Sum HEART of the COMMUNITY event.

Quincy City Councillor President Nina Liang delivered the keynote speech. Award-winning WCVB-TV investigative reporter Janet Wu emceed the event.

Traditionally a breakfast fundraiser at the China Pearl Restaurant in Chinatown, this year's 33rd annual HEART of the COMMUNITY was moved to a fully virtual celebration because of the COVID-19 pandemic.

"Liz and Nina epitomize the importance of the strong leadership that's needed in our community, as people of color and immigrants have been affected particularly hard by the coronavirus outbreak," said Angie Liou, executive director of ACDC. "Their tireless commitment has brought the contributions, concerns and stories of Asian Americans to the forefront. We're grateful for all of their efforts."

Cheng serves as vice chairperson of the Board of Directors for The Partnership, Inc., a national non-profit organization that

coaches, trains and helps executives of color network. She is the President of the Board of Trustees for the Massachusetts Coalition for the Homeless and board member of the United Way of Massachusetts Bay and Merrimack Valley. She and her team at GBH WORLD have earned National Emmy, Peabody and duPont-Columbia awards and many more honoring diversity of content. She has also been honored with a Pinnacle Award from the Greater Boston Chamber of Commerce and the National Race Amity Medal of Honor.

"It's crucial to give people of color and all immigrant communities the ability to have their stories heard and their cultures and traditions respected," said Cheng, who was awarded the Neil Chin Community Service Award. She also stated, "I'd like to honor all those with the courage to walk up to our cameras and share their stories not only of hardship, discrimination and loss, but also of happiness, laughter and triumph. These are the stories behind the headlines that inform our understanding of the issues, celebrate our differences and illuminate what we have in common." Liz

also helps to oversee GBH's annual Asian/Pacific American Heritage Month celebration and the more than 50 APA films broadcast in May across GBH 2, 44 and WORLD.

Liang, a native of Quincy, is the first minority City Council president in Quincy in the city's history. First elected to the council in 2015, Liang is currently the vice chairperson of the Community Engagement Committee and is the former chairperson of the Ordinance Committee. Additionally, she serves on the boards of the Thomas Crane Public Library Foundation and the Massachusetts Asian American Commission. She also co-founded the Quincy Women's Network and is involved with many other civic organizations.

"As the daughter of immigrants, I've experienced first-hand the challenges that children and families of color face," she said. "That has inspired me to work toward ensuring everyone has an equal chance to contribute, grow and thrive in our community."

The proceeds from the event support ACDC's work to build and preserve affordable homes, empower families and strengthen communities.

Bethany Congregational Church

Bethany Congregational Church, 18 Spear St., corner of Coddington St., Quincy, is conducting its regular Sunday service at 9:30 a.m. on Sunday mornings.

Rev. Patrick McCorkle will preach. Music will be provided by Paul Frazer as soloist.

Masks and social distancing are required. There will be no group hymn singing or coffee hour. Masks and

sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to stay at home, the on-line service will be available at a later date, either on the church website or on YouTube. To get to the Church website, type in: bethanycongregationalchurch.org and scroll down to the very bottom to find the link to the most recent service. This will

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October Programs At The Historic Eustis Estate

Historic New England's Eustis Estate welcomes fall with a variety of programs in October.

On Saturday, Oct. 3 and Saturday, Oct. 17, experience Mindfulness Movement led by certified instructor Elaine Totten Davis. The tranquil landscape is a perfect backdrop to experience mindfulness movement and walking meditation. Class begins at 10 a.m. Offered in partnership with Elliott Physical Therapy.

On Friday, Oct. 9 and Friday, Oct. 16, enjoy a socially distanced fall picnic followed by an evening tour of the Eustis Estate. Sit on the porch or lawn for a seasonal picnic box curated by local Milton restaurant The Plate while you watch the sunset. Small groups will then get a guided experience through the house to appreciate a different perspective in the evening. Learn about Gilded Age social life in the Eustis family, the

house's lighting technologies, and how the Aesthetic Movement designers were celebrating these new innovations. The evening gets underway at 5:30 p.m.

On Sunday, Oct. 11, get a new perspective of the Eustis Estate with a guided landscape tour. Learn about the landscape and the history of the property as you explore fields, woodland and gardens. The tour also examines the exterior of the spectacular Queen Anne Re-

vival home and other original buildings on the property built between 1878 and 1902. Tour begins at noon.

The museum continues to be open for hourly guided tours on Saturdays and Sundays through Oct. 11. Tour times are 11 a.m., noon, 1 p.m., 2 p.m. and 3 p.m. and advance tickets are required. On Monday, Oct. 12, tickets will go on sale for the rest of the year during which the museum will shift to a self-guided experience.

Call 617-994-6600 for more information or visit www.historicnewengland.org/eustisestate to purchase tickets. Advance tickets are required for all events. The Eustis Estate is located at 1424 Canton Ave. in Milton.

Shredding Day Oct. 16 At Kennedy Center

Quincy Elder Services invites seniors to safely dispose of sensitive and personal documents to protect themselves from identity theft and fraud.

A shredding day will be held Friday, Oct. 16 from 10 a.m. to noon at the Kennedy Center, 440 East Squantum St., North Quincy. Tax, financial, legal and other documents will be shredded free of charge.

Seniors are asked to remain in their vehicle with their mask on and drive out back behind the center. Volunteers will remove the items to be shredded from your vehicle.

To register, call 617-376-1506.

Dependable Cleaners Consolidating Wollaston Location With Adams Street Store

The following announcement from Dependable Cleaners President Christa Hagearty was submitted to The Quincy Sun for publication.

As a local family owned and operated business for over three generations we care deeply about the communities and the people we serve.

Due to the ongoing challenging business environment, we have made the difficult decision to temporarily consolidate our Wollaston location with our nearest store located at 581 Adams St. in Quincy on Oct. 1st. Your team at Wollaston will also be moving to our Adams Street store.

Your team will take great care to adjust to your needs and to continue to provide excellent customer service.

For our Wollaston Customers in appreciation of your support:

- 25% special discount thru Dec 15th. As a thank you for your understanding, we will apply a 25% discount off dry cleaning and

OBITUARY

Phyllis M. Fitzgerald, 95

Phyllis M. Fitzgerald, 95, of Pocasset, passed away after a brief illness on Sept. 22 at The Royal of Cotuit Nursing & Rehabilitation Center in Mashpee.

Phyllis was the beloved daughter of the late Mary Frances (Commons) and Michael J. Fitzgerald of Quincy.

Phyllis is survived by her loving sister Barbara Lee of Mashpee, sister-in-law Marion Fitzgerald of Canton and several nieces and nephews. Phyllis is pre-deceased by her parents, sister Ruth Rogers and brothers Robert Fitzgerald and Richard Fitzgerald as well as sister-in-law Marilyn Fitzgerald and brother-in-law Lester Lee.

She attended Quincy Public Schools and then served as an Army Medical Technician during World War II. After the completion of her faithful service, Phyllis an art enthusiast, returned to Quincy and attended the Museum School in Boston. Her final year of college was spent studying sculpture in Paris, France.

Upon graduation, Phyllis remained in Europe and enjoyed an established career as a fashion runway and print model throughout France and Italy for various couture designers including Christian Dior. She later returned to the states and while living in New York, continued her modeling career for another decade.



PHYLLIS FITZGERALD

Phyllis then moved to the Washington D.C. area and worked for many years at The Library of Congress until her retirement. Following her retirement, Phyllis returned to Massachusetts and settled in Falmouth to be closer to her family.

Phyllis was a lifelong lover and collector of all types of fine art, antiques and jewelry. She enjoyed spending countless hours reading her treasured books and periodicals.

Arrangements under the direction of Chapman, Cole & Gleason Funeral Home in Mashpee. There are no visitation hours.

Burial service at the Massachusetts National Cemetery in Bourne at 11 a.m. on Friday, Oct. 2.

Memorial gifts may be made to Dana-Farber Cancer to support cancer research and patient care at: Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284 or via www.dana-farber.org/gift.

Beach Church Continues On Wollaston Beach

The popular Sunday morning worship services led by the Rev. Martha Swanson on Wollaston Beach will continue until Oct. 11th.

Held at 8 a.m. between the Squantum and Wollaston Yacht Clubs, Beach Church is an opportunity to worship God in the beauty

of the sea. The half hour services are especially timely as many churches have still not reopened due to the pandemic and proper social distancing is very easy to do on the beach.

Rev. Swanson is a Congregational Minister and is the founder and director of Christ Church Mobile

Ministries, a church which seeks to bring the Gospel outside the Church walls to those who cannot attend worship services or may be estranged from the Church. The Ministry also provides church services and Bible studies to nursing homes and the like. For more information, call 617-921-8706

Quincy Point Congregational Church

Online Church School for all at 9:15 a.m. and Online Holy Communion Worship (don't forget your bread and juice) at 10:15 a.m. on The Quincy Point Congregational Church YouTube page.

The 10:15 a.m. service will also include a St. Francis Pet Blessing. Send your pet's photo office@quincypointcong.org by Oct. 1 to have your favorite furry friend blessed and picture displayed in the photo montage.

The projected dates for October outdoor worship are Oct. 11, 18 and 25. Outdoor

door worship is limited seating for 25 people on the Abbeey Road, side lawn of the church. Reserve your spot at <http://quincypointcongregational.eventbrite.com>. (The Eventbrite reservation links are functional the Monday before worship).

Worship is also broadcast on Wednesdays at 6 p.m. on Quincy Access TV- Channel 8 or if you have a voice remote or smart TV, simply say, "Quincy Point Congregational Church on YouTube."

The Church Office will remain open, Monday

through Friday from 9 a.m. to 2 p.m. Call 617-773-6424 or email at office@quincypointcong.org if you have any concerns or questions

QPCC is looking for 100 subscribers so we can once again post our worship services at 10AM. This is a YouTube requirement, not ours. Help us by going to Quincy Point Congregational Church YouTube page and click on the Subscribe button. It is completely free and no obligation to you, and it would be a really big help.

Create New Garden Beds This Fall

Cont'd From Page 17

hand trimming.

Once satisfied with the layout, take a soil test and decide how to kill the existing lawn and weeds as needed. A soil test will tell you how much and what type of fertilizer you will need for the plants you are growing. Testing now means you will have the information in hand when it is time to fertilize in spring.

Next edge the bed. Use a shovel to dig a V-shaped trench around the border of the garden. Or rent or borrow a power edger to make larger jobs easier.

Once the edging is complete, remove healthy grass with a sod cutter and use it to fill bare spots in the lawn. Or create a planting berm or simply add it to the compost pile. Just place it green side down and wait for it to decompose.

Another method for clearing the grass is to cover the area with cardboard topped with several inches of organic mulch and wait for the grass and cardboard to decompose. You can push back the mulch

and cut through the cardboard to plant immediately. Or wait to begin planting next spring after the grass and cardboard have broken down completely.

For quicker results and control of perennial weeds, try a total vegetation killer. These products kill the top and roots of the good and bad plants they touch. Read and follow label directions carefully. Start your soil preparation after the required waiting period has passed.

The next step, an important one, is soil improvement. It is easier to repair and improve the soil before you plant. Plus, time spent now yields years of good results. Add two to four inches of organic matter like aged manure, peat moss or leaf compost to the top 8 to 12 inches of soil. These materials improve the drainage in heavy clay soil and increase the water holding ability in fast draining sandy or rocky soils.

Check the labeling on the bag when purchasing these products. Make sure the product you select is

USDA and STA certified to ensure quality. USDA Bio-Preferred certified products are derived from plants and other renewal products, providing an alternative to petroleum-based goods. Look for United States Composting Council's STA certified compost that is a renewable, consistent, high quality product made from locally available organic material.

Once you mix in the organic matter, rake the garden level and smooth. Your garden is ready to plant. Fill it with spring flowering bulbs, perennials, trees, and shrubs this fall. Or cover it with shredded leaves or other organic mulch to suppress weeds and prevent soil erosion. Use the winter to plan the garden so you will be ready to plant once spring arrives.

In either case, your efforts this fall reduce your workload next spring and shorten the time to a more beautiful landscape.

Gardening expert Melinda Myers has more than 30 years of horticulture experience. Myers' website is www.melindamyers.com.

laundered shirts for the next couple months. Your discount will be automatically applied at any of our stores, or with delivery. Your discount begins with your next drop off or delivery pick-up and may be used as often as you like through 12/15/20*. *This special is not valid for wash/dry/fold, rugs, leathers, suedes or furs.

• Nearby Dependable options for your cleaning needs:

• 581 Adams St., Quincy is open Monday thru Friday 8 a.m. to 5 p.m. and Saturday, 8 a.m. to 12 p.m.

• 338 Granite Ave., Milton is open Monday thru Friday 8 a.m. to 6 p.m. and Saturday 8 a.m. to 12 p.m.

• 320 Quincy Ave., S. Quincy is open Monday thru Friday 7 a.m. to 6 p.m. and

Saturday 7 a.m. to 2 p.m.

• Delivery: We are also happy to offer free, no-contact pick up and delivery of your clothing at your home or office. To arrange our delivery service, please visit: <https://dependablecleaners.com/delivery/> or call 617-698-8300

We are very grateful for the support of our customers and the dedication of our teams. Together we are managing this challenge and we remain steadfast in our teams. Together we are managing this challenge and we remain steadfast in our commitment to our communities.

On behalf of my family and our team members, thank you for your trust.

Christa Hagearty
President

Burke Donates \$5,000 To B.C. Law School

Attorney George Burke announces he recently donated \$5,000 to Boston College Law School.

Burke is a 1959 graduate of Boston College Law

School and has been giving to B.C. law for over 61 years. He said he believes in the fundamental teachings of Boston College Law School.

OBITUARIES

Paul E. Hastings

Paul E. Hastings, of Dorchester and Quincy, died Sept. 15.

Born April 10, 1959, he was raised in Dorchester and graduated from Hyde Park High School.

Mr. Hastings worked at Berger Instruments as a machinist. He also worked as a maintenance worker at the Colonial Nursing Home in Weymouth. He enjoyed working at the Boston Globe as a mailer for many years until the Globe transferred to Taunton. Mr. Hastings spent several years caring for his parents in their home. His last job was working at a local gas station.

Mr. Hastings loved living in Dorchester and looked forward to the Annual



PAUL E. HASTINGS

Dorchester Day parade. He loved watching the Patriots, connecting with family and friends on Facebook, walking in the neighborhood and buzzing around on his motorized scooter. He was an active member of Saint

Gregory's Parish.

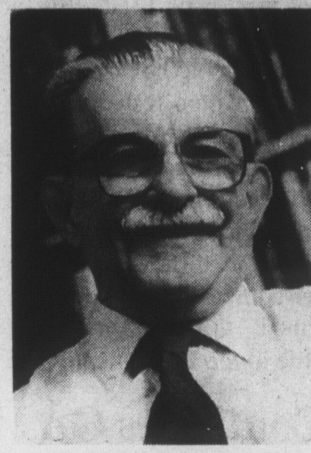
He was the devoted father of Paul Hastings of Quincy. Beloved brother of Ben Hastings of Washington D.C., Rhonda Astrella of Dorchester, Sharon Carr of Braintree, Melanie Procacino of Sandwich, Tara Healy of Quincy and the late Mary Tamberg. Son of the late Paul J. and Anita (Ivoskus) Hastings. He is also survived by several nieces and nephews.

Funeral Mass and interment private.

Memorial donations may be made to gf.me/u/yzdm3z.

Funeral arrangements were made by Dolan Funeral Home, Dorchester.

John A. Lutts, PhD



JOHN A. LUTTS, PhD

saying to himself, "that's too heavy." Next came a female voice (Ruth's) who said, "Good—because that's my ball!" Jack and Ruth were married on June 10, 1967 and went on to be blessed with seven children and thirteen grandchildren.

A funeral Mass for John A. "Jack" Lutts, PhD, a forty-seven-year resident of Quincy, was celebrated Monday in St. John the Baptist Church, Quincy.

Dr. Lutts died peacefully Sept. 21 with his wife Ruth, by his side, at his recent home at Sunrise Senior Living in Braintree. He was 88 years old.

He was born, February 1932, in Baltimore, MD. He was the son of the late Hilda and John Lutts, and older brother to William "Bill" who predeceased him. He often recounted times growing up during the Great Depression and working at his father's grocery store. Following graduation from Loyola H.S. in 1950, Dr. Lutts made the decision to enter the Jesuits - called to a life of service. During this time, he earned a Bachelor of Science from Spring Hill College, Mobile, AL (1957), and both his Master's (1959) and Doctorate in mathematics (1961) from the University of Pennsylvania. After much contemplation and prayer, Dr. Lutts made the decision to leave the Jesuits before fully becoming a priest.

In 1966, he was invited to join the faculty at the University of Massachusetts which he proudly accepted and relocated to the Boston area. There he spent the next forty-one years as a professor of mathematics. He was a valued and beloved staff member and appreciated by many students. 1966 was also the same year Dr. Lutts made the fortuitous decision to attend a Catholic Singles Mixer at 'Lanes and Games' in Cambridge. There he picked up one bowling ball only to put it back down

was needed. Despite his obligations and his involvements, he always managed to find the time to embrace, encourage and challenge each of his children to become the best individual they were meant to be. In recent years, he thoroughly enjoyed spending as much time as he could with his grandchildren, always interested to hear about their adventures and offer advice. He will remain in our hearts forever.

Beloved husband for fifty-three years of Ruth (Hanson) Lutts. Devoted father of Judy Yap and her husband Michael of Denville, NJ, John Lutts and his wife Carol of Rockland, Eric Lutts and his wife Barbara of Doylestown, PA, Irene Lutts and her husband Kevin Gillespie of Quincy, Claire St. Tulnoynum and her husband Glenn of Concord, Paul Mazzarella Lutts and his wife Alyssa of Quincy, and Laetitia Brundage and her husband Patrick of Lynn.

Loving grandfather of Ella, Faith, Mary, Joshua, Jessica, Conor, Morgan, Iain, Elena, Emerson, Grayson, Bonham, and Skylee.

He is also survived by two sisters-in-law, Mary Ellen (Hanson) Endres of Albuquerque, NM and Eileen Lutts of Towson, MD, four nieces and one nephew. He was predeceased by his brother-in-law, Hugh Endres.

Private interment. Memorial donations may be made to the American Heart Association at heart.org.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Richard J. Wells

A funeral Mass for Richard J. Wells of Quincy was celebrated Sept. 25 in Holy Trinity Parish in Our Lady of Good Counsel Church, Quincy.

Mr. Wells died Sept. 21 after a long illness.

He has departed this world and has joined his mother Eleanor (Rogers) and his father Dennis Joseph Wells, along with his grandparents Alice M. Rogers and John S. Rogers in heaven.

Mr. Wells leaves behind his loving and caring companion Phyllis Di Bona, who were together for 55 years. He also leaves behind Margaret (Wells) Poilucci and her husband John,



RICHARD J. WELLS

Kathleen Wells and her companion Jerry Libby, the late William L. Reardon and his wife Jeanne, John Reardon and wife Deborah, Eleanor (Reardon) Southwick and husband Kenneth. Also many loving and caring nieces and nephews along

with numerous friends from Adams Shore.

Mr. Wells was a proud member of Local Union 550 U.A. of the pipe fitters union and proud mason of the Delta Lodge A.F. and A.M. He was very passionate about his gardening, fishing and hunting along with being proud of his green grass surrounding his home.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to the charity of your choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

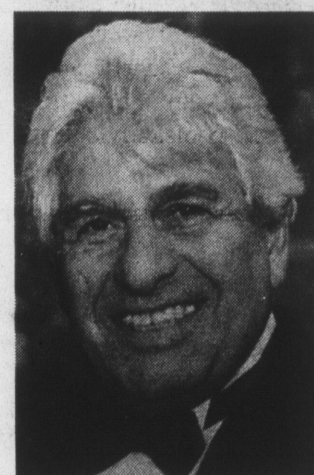
Richard H. Derbes, Sr., 83

Richard H. "Hus" Derbes, Sr., age 83, of Marshfield died Sept. 21 surrounded by his family.

Born in Quincy where he grew up, he later moved to Weymouth where he lived for many years before moving to Marshfield. Hus loved to travel to a tropical beach whenever he and his wife could get away.

A lifelong hard worker, Mr. Derbes co-owned and operated Derbes Brothers Construction with his brothers.

The son of the late Toffer H. and Nowfe (Hassan) Derbes, he was the beloved husband of Connie (Harb) Derbes; loving father of Dawn

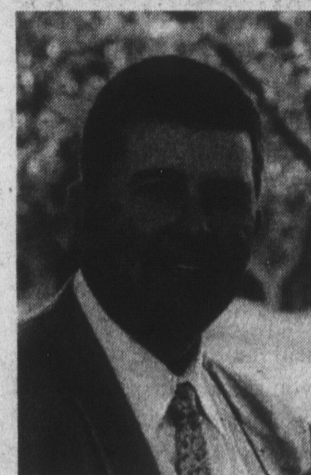


RICHARD H. DERBES, SR.

Derbes of Marshfield and Richard H. Derbes, Jr. and his wife Robin of Marshfield; brother of Toffee Derbes of Braintree, Frank Derbes of Quincy, Kimal Derbes of Weymouth, Margaret Pignone of Stoneham and the late Robert Derbes Sr. and Carol Orenburger; beloved grandfather "Jido" of Max, Sunni and Sallylee; and is also survived by many nieces and nephews.

Arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Anthony A. Breen, Jr.



ANTHONY A. BREEN, JR.

A funeral Mass for Anthony A. "Tony" Breen, Jr. of Walpole, formerly of Braintree and Quincy, was celebrated Sept. 26 at Divine Mercy Parish in St. Ann's Church, Quincy.

Mr. Breen died Sept. 22 after a long hard fought battle with hemochromatosis and cancer.

His life revolved around his loving family and his mission was to "make memories" with them. Mr. Breen's interests were his children's interests and he was involved in their sports, PTO, and school events. He enjoyed fishing, golf, ping pong, and traveling with family. He was a member of Walpole Country Club and Wayland Country Club.

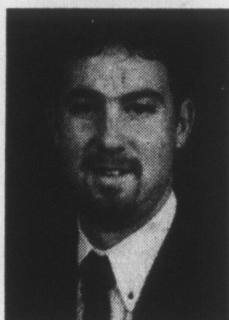
In his professional life, Mr. Breen was proud to be part of the team at Bose that

Anthony Breen and his wife Gabriella of OH, and Kelly Gallant and her husband Douglas of OH. Cherished son of Anthony A. Breen, Sr. of Somerville and Ruth (Hoey) Breen of Somerville. Loving brother of Maryann Breen of Somerville, Jim Breen and his partner John Haley of Norwood, Bob Breen and his wife Lynne of N. Reading. Also survived by several nieces, nephews and his dear friend Chuck Wynters.

Memorial donations may be made to VNA Care Hospice & Palliative Care, 199 Rosewood Dr., Danvers, MA 01923. Please also consider becoming an organ donor.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

IN MEMORIAM



In Loving Memory Of
STEVEN V. BARRETT
21st Anniversary
9/30/1999 - 9/30/2020

Twenty one years have passed
Since you left us,
For your home so far away.
We loved you then,
We love you now,
And miss you more each day.

Love Dad, Bev, Christine,
Nancy, Ed, Ashley,
Steven, Lauren and Meghan

Honor Your
Loved One's
Memory
With Flowers

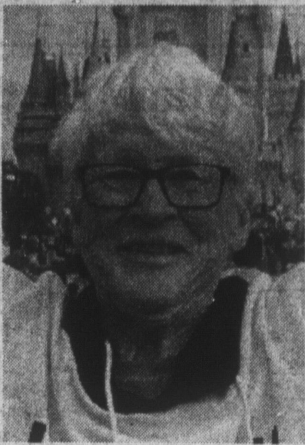
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2020

Jean M. Mara



JEAN M. MARA

A Mass of Christian Burial for Jean M. Mara, of Milton, formerly of Quincy, daughter of the late John and Marie Mara, was celebrated Monday in St. Agatha Church, Milton.

Ms. Mara died Sept. 21 after a long and courageous battle with cancer.

She is survived by her extended family, Ann Louise and Dan Sullivan, their children and grandchildren as well as her St. Agatha Community family, Holy Cross Retreat House family, E.C. Week family and anyone who was blessed enough to call her a friend.

Ms. Mara was an active member of the St. Agatha Parish community as she was a teacher at St. Agatha School for 37 years starting in 1980. One of her many joys during her teaching career was accompanying the 8th grade class on the yearly trip to Washington, D.C. Many will tell you

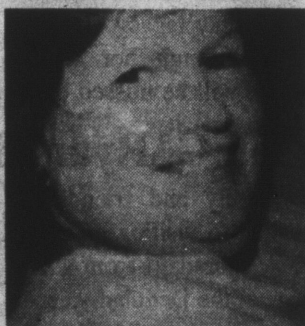
hours volunteering her time and sharing her faith in multiple communities including My Brother's Keeper, the Holy Cross Retreat House, and Camp Fatima's E.C. Week where she served as relief counselor to individuals with special needs for over 20 years. To know Ms. Mara was to have a faithful friend, quick with a joke and a kind word. Her contagious laugh could fill a room and warm your heart. She will be deeply missed by all who know and love her.

Memorial donations may be made to Friends of Fatima, EC Week at Camp Fatima, 32 Fatima Rd., Gilmanton Iron Works, NH 03837 (ecweek.org) or to Holy Cross Retreat House, 490 Washington St., North Easton, MA 02356 (retreat-house.org).

Funeral arrangements were made by Dolan Funeral Home, Milton.

Ms. Mara spent many

Theresa A. Kelley, 70



THERESA A. KELLEY

Theresa A. Kelley, age 70, of Quincy, died peacefully Sept. 26 in the comfort of her home, surrounded by her loving family.

Theresa was born in Boston, to the late Edward and Sheila (Flynn) Kelley. Raised and educated in Dorchester, she graduated from the former David L. Barrett High School in Brighton, Class of 1967. She had lived in Quincy for over 20 years, previously in Dorchester.

She worked as a nutrition assistant at Brigham and Women's Hospital in Boston for 41 years.

Theresa enjoyed travelling and was devoted

wife Leah of Quincy, James Livingstone and his wife Stacey of FL, and Shawn Livingstone and his fiancée Tina MacLeod of Quincy.

Loving grandmother of Laura, Rhiannon, Dylan, Kai, and Jacob.

Theresa is also survived by several nieces, nephews, and cousins.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to Care Dimensions Hospice, 75 Sylvan St., Suite B-102, Danvers, MA 01923.

Evelyn Folan, 68

Evelyn Folan, 68, of Avon, formerly of Dorchester and Quincy, died Sept. 18 after a brief illness.

Evelyn was married to the late William Reilly and is survived by 7 brothers and sisters, Mary Folan of Avon, Bartholomew Folan of Weymouth, Elizabeth Folan of Quincy, Thomas and Rose Folan of Florida, Kevin and Jeannie Folan of Braintree, Julie and Matthew Marks of Taunton and Michael Folan of Connecticut; nieces, Claire Folan, Emily Folan, Elizabeth Folan, Katie Marks and a nephew, Connor Marks. She was born in Galway, Ireland. She is predeceased by her parents Thomas and Margaret (He-

bert) Folan.

Ms. Folan was raised in Dorchester and attended St. Peter's Elementary school and Cardinal Cushing High School, South Boston. She also attended Northeastern University, Boston.

She had numerous and varied interests. Ms. Folan loved to spend time outdoors riding her bicycle and walking along Castle Island. She loved music, especially the Clash. She was an enthusiastic sports fan, an avid reader and history buff and she also enjoyed doing crossword puzzles. Ms. Folan was quick-witted, and she possessed a marvelous sense of humor. She was a kind, intelligent, gentle,

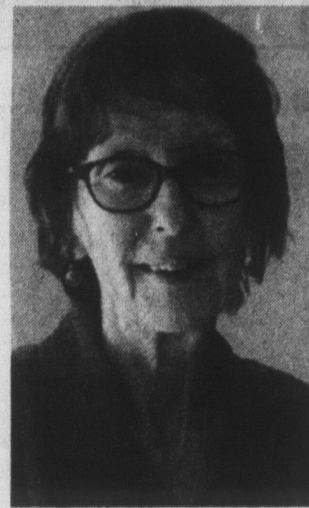
caring, creative, sensitive, thoughtful and strong woman. She cherished her family and this was truly evident in her love for her nieces and nephew. These are just a few of her many wonderful attributes. Ms. Folan will be sorely missed by her family and friends.

Funeral services will be held privately with burial alongside her parents in Blue Hills Cemetery, Braintree.

Memorial donations may be made to the Alzheimer's Association.

Funeral arrangements were made by Alfred Roy & Sons Funeral Home, Worcester.

Elaine F. Beguerie, 72



ELAINE F. BEGUEURIE

Elaine F. (Goulart) Beguerie, age 72, of Quincy, died peacefully Sept. 25 at her home, surrounded by her loving family.

Mrs. Beguerie was born in Weymouth, to the late Joseph and Dorothy (Tracey) Goulart. Raised and educated in Quincy, she was a graduate of Quincy High School, Class of 1965. She was a lifelong Quincy resident and enjoyed summers in Hull.

Mrs. Beguerie was a passionate early childhood educator. She worked at the Village School in Milton for thirty years. She positively influenced many families with her commitment and advocacy. Later, she co-founded The Learning Circle in Canton. It was there that she and her co-teacher were honored by the NAEYC as teachers of the year. She attended UMass Boston to further her education.

Most of all, Mrs. Beguerie loved and was devoted to her family, especially her grandchildren, proudly supporting their accomplishments. All those endless summer pool days will be cherished forever.

Beloved wife for 54 years of Lawrence J. Beguerie.

Devoted mother of Nancy E. Young and her hus-

band Mark of Weymouth, Lawrence J. Beguerie, Jr. and his wife Deirdre of Braintree, and Karen F. Pagnani and her husband Louis of Quincy.

Loving grandmother of Maximillion, Emma, Caroline, Lanie, Lola, Louis, and Leo.

Dear sister of Russell Goulart of Florida and Joelle MacDonald of Virginia.

Mrs. Beguerie is also survived by several nieces and nephews.

In light of current events, funeral services were private. Memorial services will be celebrated at a later date.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the Alzheimer's Association, 309 Waverley Oaks Rd., Waltham, MA 02452.

Sheila M. Brady Sivacek, 78



SHEILA M. BRADY SIVACEK

Sheila M. (Feder) Brady Sivacek, of Hull and formerly of Quincy, died peacefully Sept. 25 at South Shore Rehabilitation & Skilled Nursing Center in Rockland. She was 78.

Born and raised in New York City, she was the daughter of the late Meyer and Ray (Daniels) Feder. After working as a sportswear model in New York's Garment District, Mrs. Brady Sivacek started a family, and later moved to Quincy. She worked as a home health aide for over 25 years, primarily caring for elderly cancer, dementia and hospice patients for the South Shore VNA and South Shore Hospital.

Throughout her life, Mrs. Brady Sivacek seldom missed an opportunity to enjoy a sunny day at the shore or poolside, ideally

followed by live music and dancing in the evening.

She was the beloved wife of the late William Brady, who died in 1996, and leaves her loving husband of 19 years, Paul Sivacek. She is also survived by her daughter, Lori and husband Mark Frommer of Wayne, NJ, her daughter Tammy Herman of Austin, TX, and her son John Brady and husband Rev. Trent Williams

of Bryan, TX. She was also the proud grandmother of Elise Frommer of Hoboken, NJ and Sara Frommer of Wayne, NJ. Mrs. Brady Sivacek also leaves behind many friends who provided a strong support system during her nearly half-century on the South Shore, including the Lunnin, Zinnamon, Purdy, and Batson families among many others.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Burial was at Pine Hill Cemetery, Quincy.

Sheila's family requests that in keeping with Jewish tradition, expressions of sympathy not include flowers. Monetary donations to The Association for Frontotemporal Degeneration (AFTD) at theaftd.org in her memory are welcome.



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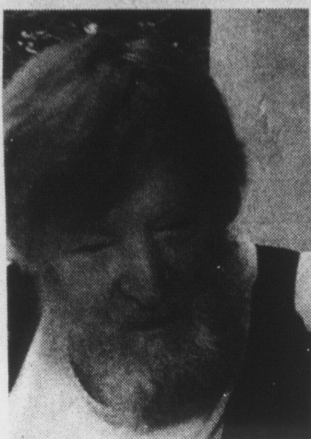
OBITUARIES

Jesse J. Sweatt, Sr., 78

Jesse John Sweatt, Sr., 78, of Quincy, passed away Sept. 25 following complications from heart surgery.

Born in Cambridge, he was a son of the late Justin L. Sweatt and Florence M. (Gordrich).

Mr. Sweatt was a graduate of Roxbury Memorial High School, and went on to serve a term in the U.S. Air Force where he was a Crew Chief and jet engine mechanic. He later worked as a typographer for many years for Wrightson's in Newton. He loved nature: rock climbing, hiking, camping and birdwatch-



JESSE J. SWEATT, SR.

ing. He was a perspicacious lexophile.

Mr. Sweatt was the beloved husband of Bea (Gil-

bert) Sweatt of Quincy, and the devoted father of Cindy Feeney and her husband Bill of San Diego CA, Marjorie Morville and her husband Tommy of Branchville NJ, and Jesse Sweatt Jr. and his wife Susan of St. Augustine FL.

He was the brother of Marjorie Patten and Elaine Richards of Pembroke, and the late Sonny, Jimmy, and Eric. He was the loving grandfather of Matthew and Christopher Morville, Blue and Ruby Feeney, Shaun and Josie Sweatt, and many nieces and nephews. Mr. Sweatt was thankful for good friends and neighbors, especially Sheila Nilan and Doris Ehrens.

He is with his beloved dog, Zoe.

Visiting hours were Wednesday from 4-7 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

Expressions of sympathy may be made in Jesse's memory to a local animal shelter.

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND
FAMILY COURT
NORFOLK DIVISION
DOCKET NO.
NO07E0092GC-1NOTICE OF
FIDUCIARY'S ACCOUNT

To all persons interested in the Adams Temple and School Fund.

You are hereby notified pursuant to Mass. R. Civ. P. Rule 72 that the first through ninth account (s) of James R. DeGiacomo as Trustee (the fiduciary) of the Adams Temple and School Fund for the benefit of The Woodward School For Girls, Inc. located in Quincy, MA, has been presented to this Court for allowance.

If you desire to preserve your right to file an objection to said account(s), you or your attorney must file a written appearance in said Court at Canton on or before the 14th day of October 2020, the return day of this citation. You may upon written request by registered or certified mail to the fiduciary, or to the attorney of the fiduciary, obtain without cost a copy of said account(s). If you desire to object to any item of said account(s), you must, in addition to filing a written appearance as aforesaid, file within thirty days after said return day or within such other time as the Court upon motion may order a written statement of each such item together with the grounds for each objection thereto, a copy to be served upon the fiduciary pursuant to Mass. R. Civ. P. Rule 5.

WITNESS, Patricia A. Gorman, Esquire, First Justice of said Court at Canton this 11th day of September, 2020.

PATRICK W. McDERMOTT
Register of Probate

10/1/20

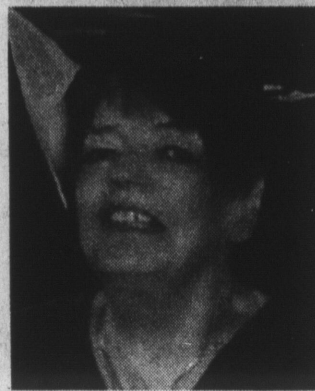
Claire M. 'Mimi' Bartkus, 73

Claire Marie "Mimi" (Wenners) Bartkus, of Quincy, formerly of Dorchester, died peacefully Sunday at the Quincy Medical Center. She was 73.

Born in Boston on April 1, 1947, she was originally from Dorchester and was the daughter of the late Walter and Marie (Fitzgerald) Wenners and attended local schools. Claire graduated from St. Gregory's High School with the Class of 1964 and continued her education at the Boston School of Business, earning a certificate in business.

Claire worked in the healthcare industry at Braintree Hospital as a medical transcriptionist. She enjoyed her work and the relationships she built throughout the years. Claire retired in 2005 to spend more time with her husband and family.

In her spare time, Claire enjoyed dining out, playing Words With Friends, going to the Moose Lodge



CLAIRE M. BARTKUS

and spending time with her family and pets. Family was the most important part of Claire's life. Her children and grandchildren were her pride and joy. Claire's favorite time of year was Christmas eve, as she was always the host and loved that everyone was together for that holiday.

Claire was a strong willed and passionate person. She was generous, honest, a straight shooter and a great judge of character. Her life lessons and example are part of her legacy that continue through her family. Claire will be missed by all

the lives she touched.

Claire was the beloved wife of William A. "Bill" Bartkus. The two married on Oct. 8, 1967 and together they shared 53 loving years of marriage. She was the devoted mother of Denise A. Wynne of Taunton, Michael D. Bartkus and his wife Pauline of Marshfield, Steven A. Bartkus and his wife Christina of Quincy and Brian W. Bartkus and his wife Maria of Quincy. She is also survived by her six loving grandchildren.

Relatives and friends are respectfully invited to attend the visiting hours today (Thursday) from 4 to 7 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

Claire's funeral service will be celebrated privately. Following cremation, Claire will be interred privately in Cedar Grove Cemetery, Boston.

Memorial donations may be sent to your local animal shelter.

Eileen G. Ryan, 83

Eileen G. Ryan of Fort Lauderdale, FL., passed away Sept. 21, 2020 at age 83.

Raised and educated in Boston, she lived in Quincy for many years. The daughter of the late George and Mary Gertrude Fox, Eileen was the loving mother of Eileen DiMelo, Julie Lindsay of Ft. Lauderdale, Kathleen Ryan of Mechanicsville, VA and Rachel Ryan of Quincy.

Family and friends are invited to visiting hours today (Thursday) from 4 to 8 p.m. at the Dennis Sweeney Funeral Home 74 Elm St., Quincy Center.

On Friday there will be

a gathering at the funeral home at 11 a.m. followed by a funeral Mass at noon at St. Joseph Church, 550 Washington St., Quincy. Burial is at St. Joseph Cemetery, West Roxbury.

Josephine M. Mattina

Josephine M. Mattina of Quincy passed away Sept. 20 at age 79.

Raised and educated in

Quincy, she received her bachelor's degree at UMass Boston. She had a 30-year career as a social worker, working for such agencies as DOVE and Father Bill's Place.

The beloved mother of Marie Mattina of Quincy, Josephine was the loving grandmother of Dakota Mattina, USMC of Rhode Island; the sister of the late Charles and Angelo Mattina; and is also survived by many nieces and nephews and her extended family, Matthew, Jessica, Julie and Jeff.

Family and friends are invited to visiting hours which will be held on Friday, Oct. 2 from 4 to 8 p.m. at the Dennis Sweeney Funeral Home 74 Elm St., Quincy. On Saturday, there will be a gathering at the funeral home at 9 a.m. followed by a funeral Mass at 10 a.m. at St. John the Baptist Church 44 School St., Quincy.

Burial is at Mount Wollaston Cemetery.

Memorial donations may be made to DOVE, Inc. P.O. Box 690267, Quincy, MA 02266 dovema.org, or the New England Center and Home for Veterans 17 Court St. #2601, Boston, MA 02108 nechv.org.

NOTICE OF PUBLIC HEARING

Case ZBA 20-48

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 13, 2020 @ 5:30 P.M. to consider the application of **TOMMY & THUY LEUNG** for a **VARIANCE/FINDING** to construct an access ramp to the building to meet ADA access requirements in violation of Title 17 as amended Chapter 4.1.1 (dimensional requirements), Chapter 5.1.4 (parking setback), and Chapter 5.1.7 (parking space requirements) on the premises numbered **799 HANCOCK STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeals

Time: Oct. 13, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdnNmQT09>

Meeting ID: 946 2837 1497

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 946 2837 1497

Passcode: 426540

Find your local number: <https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdnNmQT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/24/20, 10/1/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-47

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 13, 2020 @ 5:30 P.M. to consider the application of **NEW CINGULAR WIRELESS PCS, LLC (ATT&T)** for a **SPECIAL PERMIT** for a wireless communications facility consisting of the collection of 6 panel antennas (2 per sector) on ballast mounts with associated equipment in violation of Title 17 as amended Chapter 6.6 (wireless), Chapter 9.4 (special permit), and Chapter 3.0 Appendix A (use regulations) on the premises numbered **3 DORCHESTER STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeals

Time: Oct. 13, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdnNmQT09>

Meeting ID: 946 2837 1497

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 946 2837 1497

Passcode: 426540

Find your local number: <https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQeJZwbXljdnNmQT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/24/20, 10/1/20

More obituaries & news
online at
www.TheQuincySun.com

OCT

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2020

Massachusetts Relaxes Restaurant Rules

By SCOTT JACKSON

The Bay State has eased restrictions placed on restaurants amid the COVID-19 pandemic.

Effective Monday, customers are allowed to sit at the bars inside restaurants. Previously, patrons were

not allowed to sit at bars, but restaurants had been allowed to re-arrange bar areas to provide additional seating. Some restaurants, for example, placed tables up against bars.

In addition, parties of up to 10 guests are now allowed at restaurants. The state previously limited parties to six or fewer people.

Other rules remain in place. Customers, for exam-

ple, cannot order alcohol unless they have ordered food. Tables must also be six feet apart and masks must be worn indoors and outdoors,

though patrons can remove them while seated.

Bars and other establishments that do not offer food prepared on site must still remain closed.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P1823EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
David G. Jennings
Date of Death:
November 4, 2019

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Roy S. Caley of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Roy S. Caley of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 10/28/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 22, 2020
PATRICK W. McDERMOTT
Register of Probate

10/1/20

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P2205EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Samuel J. Pulgini
Also known as:
Samuel Pulgini
Date of Death:
July 12, 2020

To all interested persons:
A Petition for Formal Probate of Will has been filed by Rosemarie Kane of Dennisport, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Rosemarie Kane of Dennisport, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 10/28/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 23, 2020
PATRICK W. McDERMOTT
Register of Probate

10/1/20

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P2029EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
John Francis Connor
Date of Death:
July 17, 2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Patrick B. Dwyer of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Patrick B. Dwyer of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 10/27/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 4, 2020
PATRICK W. McDERMOTT
Register of Probate

10/1/20

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P2001EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Jeremy Hartwell Riley
Also known as:
Jeremy H. Riley
Date of Death:
July 31, 2020

To all interested persons:
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Kathleen R. Riley of Salem, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Kathleen R. Riley of Salem, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 11/25/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 18, 2020
PATRICK W. McDERMOTT
Register of Probate

10/1/20

LEGAL NOTICE

CITATION ON PETITION TO CHANGE NAME
Docket No. PL18C0062CA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Plymouth Probate and Family Court
52 Obery Street
Suite 1130
Plymouth, MA 02360
(508) 747-6204
In the Matter of:
Michelle Elizabeth Cooper
on behalf of
David William Mowatt
A Change of name has been filed by

Michelle Elizabeth Cooper on behalf of David William Mowatt of Hingham, MA

requesting that the court enter a Decree changing their name to:

David William Eastwick

IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: Plymouth Probate and Family Court before 10:30 a.m. on the return day of 10/23/2020.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Edward G. Boyle, First Justice of this Court.

Date: September 22, 2020
MATTHEW J. McDONOUGH
Register of Probate

10/1/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-61

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 13, 2020 @ 5:30 P.M. to consider the application of OLD COLONY DEVELOPMENT EQUITY PARTNERS, LLC for a SPECIAL PERMIT/VARIANCE to raze and remove existing structures and construct a new five (5) story, forty (40) unit, multifamily residential building with garage parking for seventy (70) vehicles under the building in violation of Title 17 as amended Chapter 4.0 (dimensional requirements), Chapter 3.0 (use regulations/use variance), and Chapter 5.1 (parking regulations) on the premises numbered 129 & 135 OLD COLONY AVENUE, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeals
Time: Oct. 13, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://zoom.us/j/94628371497?pwd=ekxld0tTdWxUWWJQejZwbXljdjNmQT09>

Meeting ID: 946 2837 1497

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 946 2837 1497

Passcode: 426540

Find your local number: <https://zoom.us/j/94628371497>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/24/20, 10/1/20

PLEASE RECYCLE THIS NEWSPAPER

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO20P1436EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Farris A. Hanna
Date of Death:
May 17, 2020

To all persons interested in the above captioned estate, by Petition of:
Petitioner Eric L. Hanna of Arlington, VA.

a Will has been admitted to informal probate.

Eric L. Hanna of Arlington, VA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

10/1/20

New Indoor Visitation Guidance For Nursing Homes, Assisted Living Residences

The Baker-Polito Administration announces new guidance that allows safe indoor visitation to resume in nursing homes and rest homes, and further expands indoor visitation options in assisted living residences (ALRs).

The new guidelines started Sept. 25.

The guidance from the Department of Public Health (DPH) and the Executive Office of Elder Affairs (EOEA) balances the important role visitation plays in supporting resident emotional health and quality of life, while ensuring necessary infection control measures are in place.

The announcement builds on previous guidance to further support residents and their loved ones who have been disproportionately impacted by COVID-19. In March, the Commonwealth acted quickly to take precautions in restricting visitation at nursing homes, rest homes, and ALRs to protect resident safety and mitigate the spread of COVID-19. As the Commonwealth proceeded with a phased reopening, visitation restrictions were updated in

June to allow for outdoor visitation with guidance on how these visits could safely occur.

Nursing homes and rest homes may resume in-person visits so long as appropriate infection control and safety measures are in place, including:

- Indoor visits should occur within a designated visitation space that is close to the entrance of the facility and allows for social distancing
- The visitor must be screened for COVID-19 symptoms and have their temperature checked
- Residents, staff, and visitors must wear a mask or face covering for the duration of the visit
- The visitor must remain at least 6 feet away from the resident for the majority of the visit
- If desired by both parties, there may be physical contact between the resident and visitor so long as precautionary measures are followed such as hand sanitation before and after contact
- A schedule is implemented for frequent disinfection of the designated visitation space

• The unit, floor, or care area where the resident lives must not have any COVID-19 cases in residents or staff in the past 14 days and the facility is not experiencing a staffing shortage that requires a contingency staffing plan

ALRs were previously able to resume indoor, in-unit visitation, and may now

also resume indoor visitation in a designated shared space such as a waiting room near the entrance of the residence. ALRs are subject to the same appropriate

infection control and safety measures described above, except for the requirement that there are no COVID-19 cases in the past 14 days.

Bill Filed To Honor Veterans Lost To Service-Related Illness

Cont'd From Page 10

Services Secretary Marylou Sudders. "This new honor underscores Massachusetts' dedication to all veterans and all of their service related health issues, and expresses our gratitude to those who lost their lives and their families."

"Those who have served recognize that military service may leave both visible and invisible wounds on the lives of the faithful and selfless men and women who chose to serve our country, hundreds of thousands of whom are from Massachusetts," said Acting Secretary of Veterans' Services Cheryl Lussier Poppe. "This will afford us another opportunity to recognize our deceased heroes and their loved ones, who have sacrificed so much for us."

"This is the first medal

of its kind given by the Commonwealth to recognize veterans who have lost their lives because of service-connected illness and injuries," said Maj. Gen. Gary W. Keefe, The Adjutant General of the Massachusetts National Guard. "It represents the duty and commitment of service members and their faithfulness to the nation. The medal also demonstrates the Commonwealth's commitment to support them and their families before, during and after military service."

The bill will also authorize a commission to make Medal of Fidelity award recommendations to the Governor. The commission will be composed of The Adjutant General of the Massachusetts National Guard and two field grade officers of the armed forces of the Commonwealth.

Bar Association Call-In Free Legal Clinic Oct. 6

Due to the COVID-19 pandemic, the Bar Association of Norfolk County will hold a call-in free evening legal clinic Tuesday, Oct. 6 as a service to the public rather than the clinics usually held at the courthouse.

Attorneys who are experienced in all areas of the law will be available for a one-on-one free confidential

consultation, to those who have questions or concerns regarding a legal issue.

Call the Bar Association's office at 617-471-9693 between the hours of 5:30 and 7:30 p.m. and the office will connect the caller with an attorney who will confidentially answer legal questions via telephone.

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for:

QPS-FOOD SERVICE LEASE/PURCHASE REFRIGERATED TRUCK OCT. 15, 2020 @ 11:00 a.m.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent through email: purchasing@quincyma.gov Questions will be accepted until October 9, 2020 at 12:00 p.m.

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informality in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR
Kathryn R. Logan, PURCHASING AGENT

10/1/20

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for:

PUBLIC BUILDINGS 10 STALL RESTROOM TRAILER OCT. 15, 2020 @ 11:15 a.m.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent through email: purchasing@quincyma.gov Questions will be accepted until October 9, 2020 at 12:00 p.m.

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informality in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR
Kathryn R. Logan, PURCHASING AGENT

10/1/20

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK STREET, QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

PARK DEPARTMENT REMOVAL OF TREES & HAZARDOUS TREE OCT. 15, 2020 @ 11:30 A.M.

Detailed specifications are on file at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

The intent of this project is to remove trees in an effort to minimize storm damage and reduce liability in problem areas. Each Contractor's crew shall have an ISA or Massachusetts Certified Arborist present at all times. This person will be responsible for identifying the hazard trees or branches and completing and signing a Tree Report for each take down or limb removal.

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent through an email to: purchasing@quincyma.gov Questions will be accepted until October 9, 2020 @ 12:00 p.m.

Bids must state exceptions, if any, the delivery date and any allowable discounts. Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informalities in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR
Kathryn R. Logan, PURCHASING AGENT

10/1/20

OCT

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2020

Koch Won't Declare Racism A Public Health Crisis

Cont'd From Page 14

but he would still want to give residents priority in hiring.

"If we had our druthers and it was our own system in the city and maybe someday we take a look at changing, I still think we give Quincy residents an opportunity before we bring an outsider in. Those Quincy residents could be African American, Asian or whatever, but I still

would have a preference that they are Quincy residents," Koch said.

"I do believe, particularly in the police more than any, that the department should reflect as much as we can the population of the city."

The mayor added the city could look at potential ways expand outreach in the schools to encourage more students to pursue a career with the city.

"I don't know if there

has been studies done or not, and I don't want to get into stereotyping at all, but the Asian student, they have big goals. Many go into engineering. Many go into science. Many go into the medical field. Maybe it's time we look at the kids when they are in high school to begin trying to encourage them in different areas and mentor them a little bit," Koch said.

"If they want to be a

teacher, if they want to be a fireman or a policeman, how can we help them to come back in their community and do that? I think there is room for improvement on all that, but there is a system in place that kind of ties our hands on how we hire. I'm not saying necessarily should throw it out, but I do think it's time the state should look at it and maybe it's time we looked at whether we stay with it or adopt something new."

Koch said he would pre-

fer Quincy residents be given the first shot at teaching positions when they open up, and added that school officials have made efforts in recent years to hire a more diverse staff.

"I'm a firm believer, if a kid goes through our school system and wants to be a teacher, they go on and get their education, they go on and pass their MTELs, and there is an opening when they come back, I would give all day long the Quincy resident the first priority

coming back to our system. I really would. Asian, white, Black - whatever they are," Koch said. "But again, these folks have to be interested in teaching or whatever the case may be."

"The last few years we have seen an increase in the hiring of both Asian background as well as African Americans. We have seen that and I am proud of that. We've made a little bit of progress, but under the systems we have it is not easy to do over night."

South Shore Stars 5 Decades Of Impact Virtual Celebration Oct. 14

South Shore Stars, a non-profit organization that provides comprehensive early education and youth development programs through a family-support approach and has served as a resource for working parents on the South Shore since 1970, announces the virtual celebration of their Five Decades of Impact will take place Wednesday, Oct. 14, beginning at 7 p.m.

For 50 years, South Shore Stars has provided comprehensive early education and youth development programs that enhance the optimal growth of children from economically and culturally diverse families, using a family-support approach in collaboration with schools and other service providers. Four core goals form the foundation of their work: enable parents to work; help each child reach their full developmental potential; facilitate positive youth development; and improve academic achievement for students at-risk of academic failure.

Throughout the Five Decades of Impact Celebration, South Shore Stars will be celebrating a half-century of providing the highest quality programs to thousands of families and the South Shore's most vulnerable children. The 50th Anniversary Celebration will also honor the five facets of Stars: the visionary founders, government leaders, corporate supporters, community partners, and phenomenal staff.

The presentation will include Stars' own after-school participants singing to open the show and special speakers representing each of the five facets of Stars. Hingham native Michael Page, most recently serving as a meteorologist for NECN, will emcee the event.

Quincy Mutual Group is the Five Decades of Impact Celebration Presenting Sponsor. Additional sponsors include Galaxy Sponsors Eastern Bank and Electro Switch; Comet Sponsors Blue Cross Blue

Shield of Massachusetts and United Way of Massachusetts Bay and Merrimack Valley; Starlight Sponsors State Street Corporation and M&T Bank; and Stargazer Sponsors Duncan MacKellar Insurance Agency and AAFCPAs.

"For five decades, Stars has been a vital resource on the South Shore, enabling thousands of parents to work, knowing that their children were receiving the highest quality early education, care and academic support. We are so excited to be celebrating our 50th Birthday with our friends and family and sharing our extraordinary story with the larger community," said Sheri Adlin, executive director of South Shore Stars.

For more information about the celebration, including sponsorship and registration information, visit www.southshorestars.org/50thgala, contact Kristen White at kwhite@southshorestars.org or text STARS50RSVP to 41444 for a mobile link.

PUBLIC NOTICES

PUBLIC NOTICE 2020 - 128

Presently pending in the Ordinance Committee of the Quincy City Council to be passed at a later date:

BE IT ORDAINED, that the City of Quincy, in accordance with the provisions of G.L. c. 4, section 4, hereby accepts and implements the provisions of General Laws c. 64G, section 3D, sub-section (b) adopting a Community Impact Fee on short-term residential rentals at the rate of three (3) percent of the total amount of rent upon each transfer of occupancy of a short-term unit located within a two-family or three-family dwelling located in the City of Quincy that includes an operator's primary residence.

This ordinance shall take effect upon enactment.

A copy of this order may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, MA Monday through Friday during regular working hours 8:30 A.M. to 4:30 P.M.

A TRUE COPY

ATTEST: Nicole L. Crispo
Clerk of Council

10/1/20

PUBLIC NOTICE 2020 - 127

Presently pending in the Ordinance Committee of the Quincy City Council to be passed at a later date:

BE IT ORDAINED, that the City of Quincy, in accordance with the provisions of G.L. c. 4, section 4, hereby accepts and implements the provisions of General Laws c. 64G, section 3D, sub-section (a) adopting a Community Impact Fee on short-term residential rentals at the rate of three (3) percent of the total amount of rent upon each transfer of occupancy of a professionally managed unit located in the City of Quincy.

This ordinance shall take effect upon enactment.

A copy of this order may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, MA Monday through Friday during regular working hours 8:30 A.M. to 4:30 P.M.

A TRUE COPY

ATTEST: Nicole L. Crispo
Clerk of Council

10/1/20

PUBLIC NOTICE 2020 - 126

Presently pending in the Ordinance Committee of the Quincy City Council to be passed at a later date:

BE IT ORDAINED, that the City of Quincy, in accordance with the provisions of G.L. C. 4, Section 4, hereby accepts and implements the provisions of General Laws C. 64G, Section 3A, adopting a Local Room Occupancy Excise on Short-Term Residential Rentals at the rate of six (6) percent of the total amount of rent for each such occupancy.

This ordinance shall take effect upon enactment.

A copy of this order may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, MA Monday through Friday during regular working hours 8:30 A.M. to 4:30 P.M.

A TRUE COPY

ATTEST: Nicole L. Crispo
Clerk of Council

10/1/20

PUBLIC NOTICE 2020 - 125

Presently pending in the Ordinance Committee of the Quincy City Council to be passed at a later date:

BE IT ORDAINED, by the City Council of the City of Quincy that the Quincy Municipal Code be further amended as follows:

By adding **Section 196-14 to Article II - Regulation of Short-Term Residential Rentals.**

196 - 14.1 Purpose.

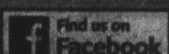
The purpose of this section is to provide a process through which certain dwelling units must be registered with the City of Quincy for use as short-term rental units consistent with the regulatory requirements prescribed within this ordinance and to set up a complaint process for violations of the provisions contained in this ordinance.

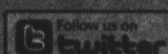
In accordance with M.G.L. Chapter 43 Sec. 23 a copy of this ordinance may be examined at the Office of the City Clerk's located at 1305 Hancock Street, Quincy, MA Monday through Friday during regular working hours 8:30 A.M. to 4:30 P.M.

A TRUE COPY

ATTEST: Nicole L. Crispo
Clerk of Council

10/1/20

Quincy Access Television
88 Washington Street
Quincy, MA 02169


www.qatv.org
617-376-1440
617-376-1441


Public Access Channel 8
Thursday, October 1
5:00pm: Bethany Congregational Church
7:00pm: CIQ Interview: Manet Community HC
Friday, October 2
11:30am: Currently in Quincy
8:00pm: NQHS vs. Whitman-Hanson '08
Saturday, October 3
12:00pm: On the Road with Jazzy Bill
7:00pm: The Call
Sunday, October 4
10:00am: Bethany Congregational Church
11:30am: Good News
Monday, October 5
11:30am: Currently in Quincy
8:00pm: QHS vs. Plymouth So '02
Tuesday, October 6
7:00pm: AM Quincy: Mayor Thomas Koch
8:00pm: CIQ Interview: Granite Workers Museum
Wednesday, October 7
5:00pm: Good News
7:00pm: The Call

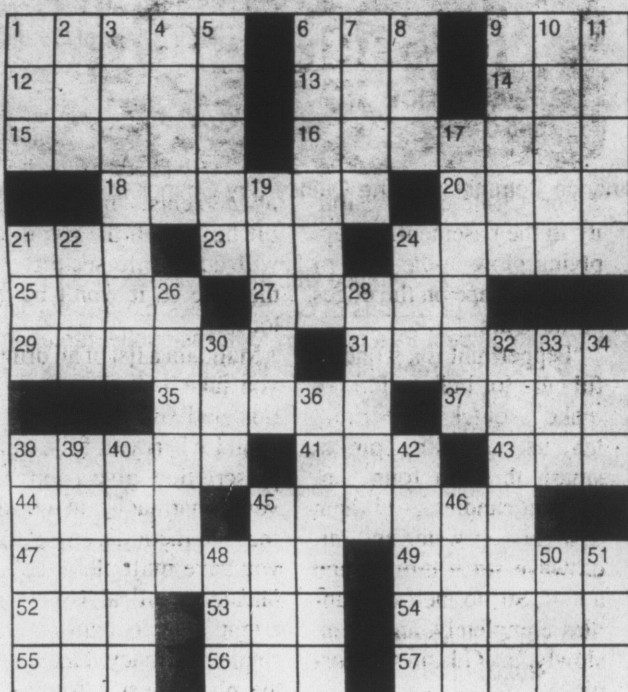
Government Access Channel 9
Thursday, October 1
10:00am: The Kennedy Center: Exercise w/Karen
12:30pm: The Kennedy Center: Eldys' Yoga II
4:00pm: Quincy Zoning Board of Appeals 9/29
Friday, October 2
8:00am: MA House of Reps Session 9/28
1:00pm: Zumba Gold with Mary Ellen Reardon
6:00pm: Update DPW: Fall Season
7:30pm: Quincy Zoning Board of Appeals 9/29
Saturday/Sunday, October 3/4
8:00am: MA House of Reps Session 9/28
4:30pm: Quincy Zoning Board of Appeals, 9/29
7:00pm: MEPA Virtual Public Meeting:
Proposed MBTA Quincy Bus Facility
Monday, October 5
6:20pm: LIVE: City Council Public Hearings
6:30pm: LIVE: City Council Finance Committee
7:00pm: LIVE: Quincy City Council
Tuesday, October 6
10:00am: The Kennedy Center: Exercise w/Karen
Wednesday, October 7
5:30pm: LIVE: Quincy School Committee

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Former freshmen
 - 6 Squid squirt
 - 9 Doctrine
 - 12 Construction piece
 - 13 Cattle call
 - 14 IRS employee
 - 15 1492 ship
 - 16 SAT takers' equipment
 - 18 Pet rodent, often
 - 20 Warmth
 - 21 Second person
 - 23 More, to Manuel
 - 24 Portion of a repair bill
 - 25 Great Lake
 - 27 Amulet
 - 29 "Where the Wild Things Are" author
 - 31 "Nighthawks" painter
 - 35 Edition
- DOWN**
- 1 Taste the tea
 - 2 Japanese sash
 - 3 Gotham City super-villain
 - 4 Detest
 - 5 Unctuous flat-tery
 - 6 Mischievous
 - 7 Yule refrain
 - 8 "—Tiki"
 - 9 Less friendly
- 10 Pie-in-the-face sound**
- 11 Sail supports
 - 17 Winners
 - 19 Supports
 - 21 "Certainly"
 - 22 Mined find
 - 24 Expert
 - 26 Rewrote, maybe
 - 28 Winning
 - 30 Fool
 - 32 Musingly thoughtful
 - 33 Swelled head
 - 34 Uncooked
 - 36 One
 - 38 Calyx component
 - 39 Guiding principle
 - 40 Bother
 - 42 Ball VIP
 - 45 Oklahoma city
 - 46 Harvest
 - 48 Carte lead-in
 - 50 "Golly!"
 - 51 Storefront sign abbr.



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MAGIC MAZE • COFFEE-EXPORTING COUNTRIES

G J G D A X V S P N K I L A F
C A X V S Q O L J A H E I C A
A X V T R P J N L I J B Z H F
D L B Y X V A T R P M P A S O
M K A I G E M M H O D A R A B
Z X W M U T A A L I R Q B R O
N L J I E N I O A H A G A U F
D C A Y T T C X O T Y W I D C
V T S E I R A I S E N O D N I
O C I X E M P U U R E P N O O
N V L K A D N A G U K J I H I

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

Colombia	Haiti	Jamaica	Peru
Cuba	Honduras	Kenya	Uganda
Ethiopia	India	Laos	Vietnam
Guatemala	Indonesia	Mexico	

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HOCUS-FOCUS

BY HENRY BOLTONOFF



Find at least six differences in details between panels.



Differences: 1. Bear has been added. 2. Window is wider. 3. Pants are longer. 4. Flowers have been added. 5. Bushes have been added. 6. Tree has additional limb.

Trivia test

- by Fifi Rodriguez
1. GEOGRAPHY: In which mountain range is Mount Everest located?
 2. AD SLOGANS: "What can brown do for you?" is a slogan for which company?
 3. GOVERNMENT: What is the subject matter of the 12th Amendment to the U.S. Constitution?
 4. MUSIC: In what year was Live Aid held, a relief concert to benefit the Ethiopian famine?
 5. PSYCHOLOGY: What is a fear of flying called?
 6. ANIMAL KINGDOM: What is a group of porcupines called?
 7. LANGUAGE: What kind of sentence is the following: "The five boxing wizards jump quickly"?
 8. GAMES: What is the most frequently landed-upon property in the Monopoly game?

- ly game?
9. FOOD & DRINK: In which two U.S. states are coffee beans grown commercially?
 10. FAMOUS QUOTATIONS: Which modern author wrote "Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple"?

- Answers
1. The Himalayas
 2. United Parcel Service (UPS)
 3. Election of the president and vice president
 4. 1985
 5. Aviophobia or aerophobia
 6. A prickly of porcupines
 7. A pangram, in which every letter of the alphabet is used.
 8. Illinois Avenue
 9. Hawaii and California
 10. J.K. Rowling

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Wishing Well

2 7 5 7 5 2 4 8 6 5 8 2 3
T L O O B R F E K S X U B
8 5 7 2 6 5 2 4 8 4 2 4 7
P T V T E A H L E O I W E
5 7 3 5 6 8 2 7 4 2 4 6 2
C U E L E C S P I R N P E
3 5 4 3 2 6 4 2 6 8 4 6 2
D E G E V L W E I T I F A
5 7 5 3 2 5 8 6 4 5 4 5 7
S H R C L E T E T E M H O E
5 3 6 5 3 7 6 2 5 4 3 2 3
V I S E S L I E D L I D V
8 4 6 8 6 7 4 3 8 6 4 6 8
O O M W P D V E I L E E N

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19)
A workplace change doesn't seem to have turned out quite as you'd hoped. Never mind: Just treat yourself to a healthy dollop of that Aries self-confidence, and you'll soon view things differently.

TAURUS (April 20 to May 20)
Some of the support you might have hoped for in a difficult situation might not be there. But you have the strength to rely on your own capabilities if you must. Good luck.

GEMINI (May 21 to June 20)
A disagreement with a longtime friend can be painful, but it also can be a learning lesson. Insist on a full and complete airing of views. You'll both come away the better for it.

CANCER (June 21 to July 22)
A stalled relationship can be restarted with some give and take on both sides. And while it could take more time than you expect, don't rush it. Be patient, and let it happen naturally.

LEO (July 23 to August 22)
An opportunity to move a long-stalled project from concept to construction might be opening up for the Big Cat. Meanwhile, be prepared to spend more time dealing with family matters.

VIRGO (August 23 to September 22)
Use your Virgo organizational skills to line up support to help you deal with a sticky workplace problem. A personal matter also might be helped with friendly intervention.

LIBRA (September 23 to October 22)
Trying to resolve a workplace problem with a longtime associate can be difficult. Consider bringing in an

impartial third party to help you both reach a mutually acceptable solution.

SCORPIO (October 23 to November 21)
This is a good time to assess your current career situation. Consider whether you have a chance to move up where you are now, or if you should look elsewhere.

SAGITTARIUS (November 22 to December 21)
With education being a dominant part of this week's aspect, one of the things you might want to think about is taking courses to enhance your career opportunities.

CAPRICORN (December 22 to January 19)
You might have a problem trying to stay focused on a matter you'd rather not deal with. But the sooner you do, the sooner it will be resolved and out of the way.

AQUARIUS (January 20 to February 18)
An unforeseen complication creates a difficult problem. But things get resolved once you use your ability to turn negative situations into positive experiences.

PISCES (February 19 to March 20)
The Pisces' penchant for doing the right thing at the right time helps you deal with a particularly troublesome situation. Consider your best option, and act accordingly.

BORN THIS WEEK: Although you might sometimes seem rigid in your views, your love of justice makes you a trusted friend everyone can rely on.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: J equals D

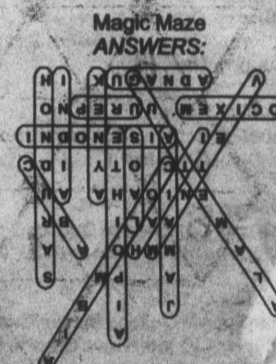
CX PRRLHPCM EMPT PVXSC P RXY
FPTLMGC, VSRV ZTXYMTG ZPLM P
GCPCM-XE-CFM-XIHXI PJJTMGG.

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King Crossword

Answers

Solution time: 27 mins.



CryptoQuip

answer
state-of-the-art address
harvest, build growers gave a
To alleviate fear about a low

OCT

1

2020

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Gloria Steinem, who spearheaded the women's liberation movement of the late 1960s and 1970s, is finally getting her due. Originally intended for theaters, "The Glorias" began streaming Sept. 30 via Amazon Prime. Gloria as a child is played by Lulu Wilson, then Alicia Vikander, Oscar winner for "The Danish Girl," takes over, followed by "Just Alice" Oscar-winner Julianne Moore as an older Gloria. Two-time Oscar nominee Bette Midler plays Bella Abzug, and "Ordinary People" Oscar-winner Timothy Hutton portrays Gloria's father.

Julianne Moore is currently preparing to play the mother of Evan Hansen in the film version of the Tony Award-winning best musical "Dear Evan Hansen," which made Tony winner Ben Platt a star. Platt completed two seasons of Netflix's "The Politician," which is not likely to have a third season; however, he'll recreate his success as Evan Hansen. Six-time Oscar nominee Amy Adams will sing in the film. Adams is due in two Netflix features, first in "Women in the Window," with Oscar-winners Julianne Moore and Gary Oldman, along with Anthony Mackie and Jennifer Jason Leigh. It's available for streaming Oct. 4. Adams and Glenn Close will star in Oscar-winning director Ron Howard's film, "Hillbilly Elegy," which will be available in November. Between them, Adams and Close have 13 Oscar nominations, but have never won.

Congratulations to choreographer Mandy Moore, who recently won a third Emmy for choreography for "Zoey's Extraordinary Playlist." Not to

be confused with actress/singer Mandy Moore in "This Is Us," dance guru Moore choreographed "So You Think You Can Dance" (2010-2017), "La La Land" (2016), "Second Act" (2018) with Jennifer Lopez, and the upcoming "Star Girl" and "Valley Girl" films. The award was presented to Moore at events between Sept. 14-17.

Director Richard Linklater was 41 when he started making the coming-of-age movie "Boyhood," with Ethan Hawke, Patricia Arquette and Ellar Coltrane. With a \$4 million budget, it took 12 years to complete, with Linklater turning 53 when it was done. "Boyhood" won a Golden Globe for best picture, drama, best director and best supporting actress for Patricia Arquette, and netted six Oscar nominations, though only Arquette won for supporting actress. It made \$57 million at the box office.

Now Linklater, at 59, is beginning another project, the musical comedy "Merrily We Roll Along," based on a musical comedy by Stephen Sondheim, George Furth, George S. Irving and Moss Hart. Joining Ben Platt, 26, are Beanie Feldman, 27, of "Lady Bird" (2017) and "Booksmart" (2019), and Blake Jenner, 28, who was Ryder Lynn on "Glee." Both were with Platt in his Netflix concert film, "Ben Platt Live From Radio City Music Hall." His new film will shoot over 20 years, which means Linklater will be 79 and his stars will be 46, 47 and 48, respectively. At that pace maybe it should be called "Merrily We Crawl Along!"

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GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **

* Moderate ** Difficult *** GO FIGURE!

	+		÷		1
×		÷		÷	
	×		-		3
+		+		+	
	-		×		2
9		7		3	

1 2 3 4 5 6 8 9 9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

'Modern Gothic' Daybed -- George Hunzinger (1835-1898) was born in Germany and trained as a cabinetmaker. In 1855, he emigrated to the United States and started making his own style of furniture, chairs and tables made of wood or wire -- inspired by pipes, machinery and his 21 patented designs and methods. He invented or improved extension, swivel top and nesting tables; reclining and folding chairs; platform rockers; convertible beds; and a woven seat made of fabric-covered wire. A woven wire bed was sold recently by Neal Auction Company. It had an adjustable back and curved arms, but most importantly, it still had the original fabric-wrapped metal wire webbing. Hunzinger patented in 1879. It sold for \$3,125.

This new material cut the cost of making a chair, and he sold his novel chairs for the low price of \$30. Collectors have no trouble recognizing his work because most of it is stamped with his name and the patent date. He made copies of his furniture in a variety of wood finishes and upholstery materials that were bought by a diverse range of customers. And he had sales offices, agents and catalogs in many countries. Hunzinger furniture was very different from the period designs, and the Neal catalog called the daybed a "Modern Gothic" piece.

Q: I'd like some information and value for a toy washing machine I played with about 1932. It's labeled "Busy Betty Washing Machine, No. 354" and says, "Patent Applied for, the Hoge Manufacturing Co. Inc., New York, N.Y., USA." It's metal with white enamel paint, glass tub and removable wringer. It's 10 1/2 inches high and is in perfect condition.

A: Hampden Hoge started the Hoge Manufacturing Company in 1909. At first, it made office supplies. It started making toys in 1931. Toy washing machines, sweepers, sewing machines, cars, trains and other toys were made. The No. 354 model Busy Betty Washing Machine was listed in the company's 1936 catalog, which said the machine "actually washes" and "grownups can use it to wash handkerchiefs and other small items." A slightly different model was made later. Production ended in 1939, and the company was sold to the Mattatuck Manufacturing Co. The value of your toy washing machine is about \$360, more if in mint condition.

CURRENT PRICES

Scarf, retro, silk, pink, blue and purple circles, black ground, Bob Mackie, 1960s, 20 x 69 inches, \$20. Soda fountain canister, Carnation malted milk, milk glass, red and green letters, aluminum lid, 8 1/2 x 6 1/4 inches, \$85. Sunderland pitcher, pink luster, transfer decoration including Mason's Arms, sailors' verses, England, c. 1810, 9 1/4 inches, \$130. Sampler, needlepoint, cross-stitch, houses, family, horse, carriage, flowers, frame, 1960s, 11 x 13 inches, \$150.

TIP: Never push antique furniture across the floor. Pick it up. Old furniture may have weak glue joints and may be damaged in the process.

For more collecting news, tips and resources, visit www.Kovels.com

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Strange BUT TRUE

* Some adult details made it into the final cut of the PG-rated film "The Santa Clause." In one scene, Tim Allen's character jokes that his wife's number is "1-800-SPANK ME." It turned out, however, that was a real line that you could call and hear some naughty stuff -- as many overly curious children found out. The line was removed from future releases of the film.

* There have been more than 300 different Kit Kat flavors in Japan, including soy sauce, "European cheese" and wasabi. Some of them are limited or regional editions. Because the candy bar's name coincidentally sounds like the Japanese expression "Kitto Katsu," which translates to "You will surely win," it is a popular good-luck gift for students ahead of their university exams.

* Astronauts cannot cry in space, as the tears need gravity to flow. They also lose their sense of smell in

space. * The fingerprints of a koala bear are so indistinguishable from those of humans that they have on occasion been confused at a crime scene.

* Winston Churchill had a doctor's note permitting him to drink "unlimited" amounts of alcohol while visiting the U.S.

* Speaking of beverages, in 16th-century Turkey, a woman could initiate a divorce if her husband didn't pour coffee for her.

* Because they both lost so many players to World War II military service, the Pittsburgh Steelers and Philadelphia Eagles combined to become the "Steagles" during the 1943 season.

* The Anglo-Zanzibar War (August 1896), between the United Kingdom and the Zanzibar Sultanate, is the shortest war in recorded history, clocking in at a mere 38 minutes.

Thought for the Day: "Every strike brings me closer to the next home run." -- Babe Ruth

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Now here's a tip!

by Jo Ann Derson

* For a little extra visibility in the basement, try applying glow-in-the-dark or reflective tape on the edges of the stairs.

* "Peppermint is a wonderful cure for indigestion. To make a quick peppermint tea, use a rolling pin to smash three to four peppermint candies. Add them to a glass of water and microwave for a minute and a half. Stir to melt the candies completely, and drink slowly." -- G.L. in California

* Don't stop reading just because it's hard to get to a library! Many public libraries are offering delivery services these days. My local library will let you reserve books online for quick pickup, renew your due date or even have books delivered to your home. Some have regular seminars on all kinds of topics -- and many of them are done virtually.

* If you are replacing a hinge to re-hang a door and you need to use the same holes, make sure you add grip by placing a matchstick or toothpick in the hole before rescrewing the

attachments. Just break it off flush with the frame. It will add some security to the hole so it won't be as loose.

* Maintain a list of all drugs you take -- both prescription and over the counter -- and when you fill a new prescription, give a copy to your pharmacist to check for interactions. Also, if you have multiple or complicated medical issues, it might help to patronize a single pharmacy. That way, the pharmacist can advise you of any interactions or complications.

* "My mother swears by wrapping her feet in a vinegar-soaked rag once a week to soften calluses. She does this before her bath, and uses a pumice stone to rid her heels of hardened spots on the skin. It seems to work for her, so I thought I would pass it on!" -- C.D. in Colorado

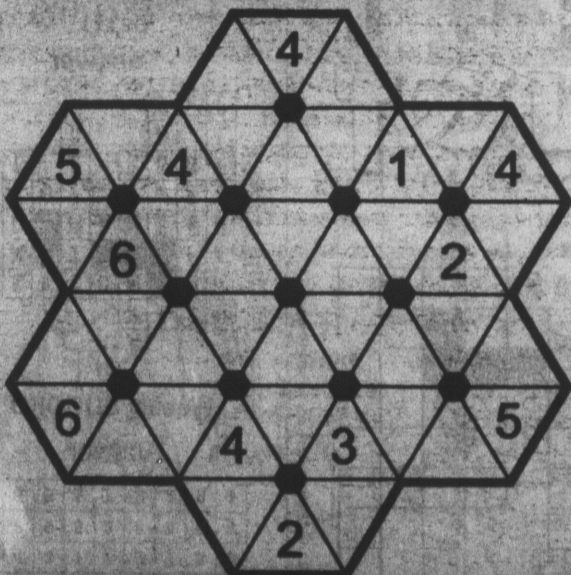
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ♦♦♦

♦ Easy ♦♦ Medium ♦♦♦ Difficult

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STICKELERS

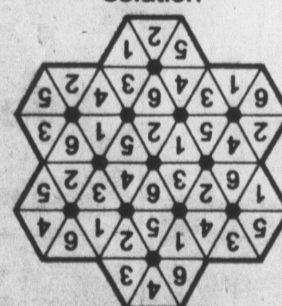
by Terry Stickels

Using the numbers 6, 7, 8 and 9 only once, what is the largest number that can be created by stacking the numbers in exponential form? What is the second largest?

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SNOWFLAKES

solution



Go Figure!

answers

8	2	6
2	2	9
2	2	2
+	+	+
8	6	4
+	+	+
1	6	8

Sticklers Answer

9
7
6
8
6
8
The number on the left is the largest, and the number on the right is the second largest.

Super Crossword

ANALGESIC
APPEAL

ACROSS

1 Along the shore
8 Terra-
13 Best Picture of 2014
20 Ancient city of Palestine
21 Willow used in wickerwork
22 The teensiest bit
23 Start of a riddle
26 Midler of "The Rose"
27 Brand of sunglasses
28 Christie of mysteries
33 Tatty garb
35 Weasels' cousins
40 Riddle, part 2
44 Frenziedly
45 Roof supports
46 Cupid, to Greeks
47 In a crafty way
48 Brewer's supply
49 Riddle, part 3
55 — Lingus (Irish carrier)
57 Actor Erwin

58 Not any
59 Attraction
62 Less long-winded
66 Form anew
71 Favorable
72 Riddle, part 4
75 Scads
76 Secret group in "The Da Vinci Code"
78 Needlework
79 High point
81 — Z (old Camaro)
83 — Aviv
84 Cut off
85 Riddle, part 5
93 Clay target sport
97 Vietnamese capital
98 This, in Lima
99 Island of southern Japan
101 Totals
102 End of the riddle
107 Wheat or cotton grown to sell, e.g.
109 See
110 Types in
111 Actress Elizabeth

114 1990s ABC sitcom
116 Riddle's answer
126 Cooking style
127 Employ again
128 Narrator in "Moby-Dick"
129 Air Force noncom: Abbr.
130 Judge's cry
131 Gloria of Ms. magazine

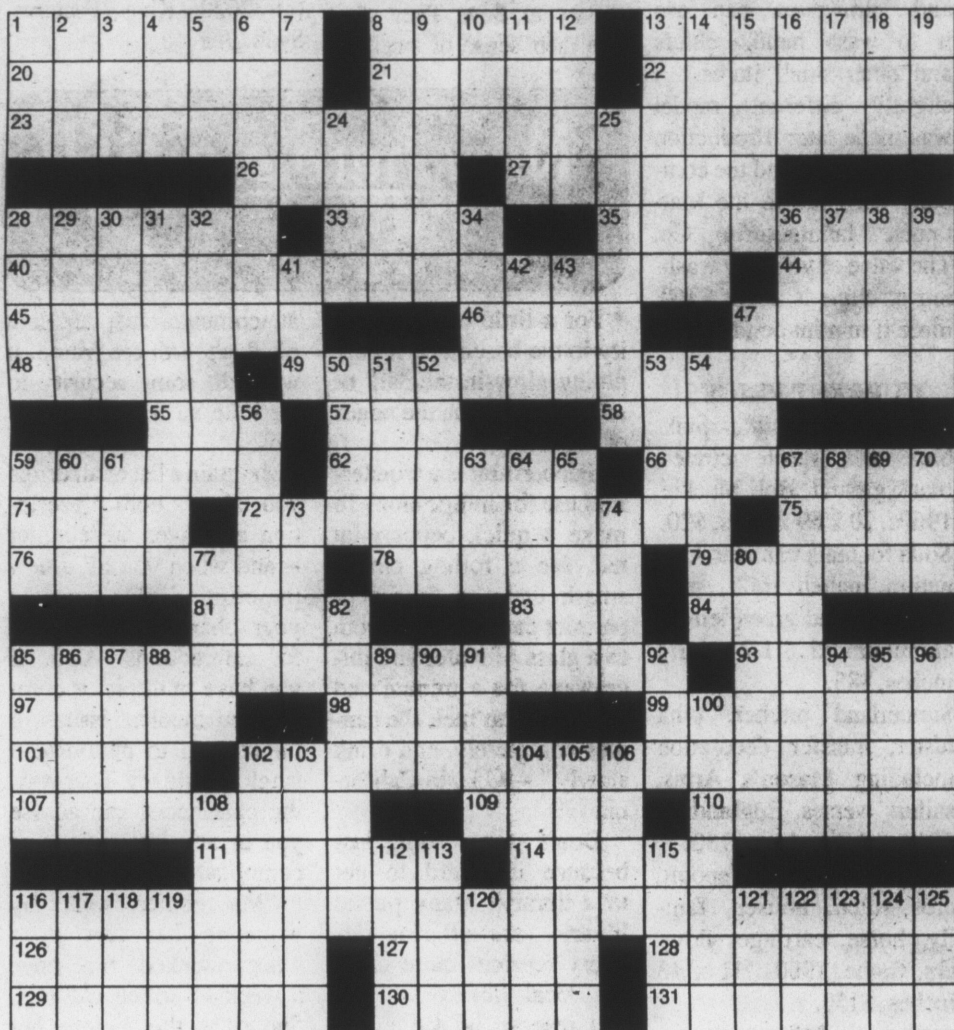
DOWN

1 2000-15 CBS series
2 Lunkhead
3 G.P.'s' gp.
4 Lunkhead
5 Quattro minus uno
6 Home for fighter jets
7 Cut with light
8 Brand of cold and flu medicine
9 Port city near Syracuse
10 1-1 or 2-2
11 Yukon, for one: Abbr.
12 Purview
13 Tiny mistake
14 Forming two equal pieces

15 Meet with the old class
16 Barely lit
17 Unruly throng
18 Ocean east of Va.
19 Anti's vote
24 Other, to Juan
25 Enters via a keyboard
28 Highbrow
29 Richard of "The Dinner"
30 Hue of blue
31 Madame — (wax museum)
32 Pryne in "The Scarlet Letter"
34 Litigious type
36 Metropolis in Colombia
37 — nitrite (angina treater)
38 With 109-Across, like "1-800- numbers"
39 "The — the limit"
41 Recipe amt.
42 Lead-in to law or med
43 "Ur hilarious"
47 CIA spoof film of 1974

50 About
51 List details
52 Surgery aide
53 Merit
54 Turn into ice
56 Directs attention (to)
59 In days past
60 Cut off
61 Hitler Gehrig
63 Farm mother
64 Sends out
65 Begin afresh
67 Make manually, as socks
68 Boxing's "Greatest"
69 Pan's cousin
70 Old verb ending
73 Street scene
74 Eye up
77 503, in old Rome
80 Navy officer
82 At little cost
85 — A-Mole (carnival game)
86 "If I — Hammer"
87 Additional stipulations
88 Daniel with a Comedy record label
89 Va. hours
90 Dough
124 22nd letter
125 Majestic tree

91 Innocent sort
92 Mug, e.g.
94 Gutter locale
95 Fancy vase
96 Converts into leather
100 Most astute
102 Making level, with "up"
103 Big wasp
104 Garage gunk
105 "Catch-22" novelist Joseph
106 Be a snitch
108 Tennis' Evert
112 Architect Saarinen
113 Belgian river to the North Sea
115 Greek deity of discord
116 Play a part
117 "7 Women" co-star Lyon
118 Selfie, say
119 Sort of: Suffix
120 Cabinet dept. concerned with homes
121 Revolutionist Guevara
122 Former U.K. record label
123 Holm of films
124 22nd letter
125 Majestic tree

celebrity
extra

by Dana Jackson

Q: I was a big fan of the daytime soap "All My Children" for years before it was canceled. I remember when Kelly Ripa met her husband on the show and acted with him. Is there any chance the couple will do a reality show together with their beautiful family? -- B.T.

A: Kelly Ripa and Mark Consuelos met on the ABC soap "All My Children" in 1996 while playing characters Hayley Vaughan and Mateo Santos. Their on-screen romance grew into a love affair that has lasted a quarter of a century. They were recently profiled with their children in "People" magazine, but their careers have been thriving without the need of a reality show. However, they are teaming up as producers, recently inking a deal with the Lifetime network to produce two movies as part of its "Ripped from the Headlines" theme.

"I am beyond thrilled to welcome Kelly and Mark and their company into the Lifetime family. We feel like Kelly and Mark have our same sensibilities and instincts for good storytelling," said Lifetime representative Tanya

Lopez. "We know our ripped from the headlines slate will be energized by their enthusiasm, and we all look forward to bringing these timely stories to their fans."

Even if they only produce and don't star in anymore projects together, perhaps Kelly and Mark will make brief cameos.

As for "AMC," several soap castmembers participated in a reunion online when the pandemic first started, including Kelly and Mark. If you'd like to watch it, just follow this link: <https://ew.com/tv/tv-reunions/watch-all-my-children-cast-reunion/>.

Q: I saw comedy legend Bob Newhart on the recent Emmy Awards show. I used to love listening to his comedy albums years ago before his TV shows. Are they still available? I should have saved them. -- T.H.

A: Comedy legend is right! The 91-year-old Newhart actually won several Grammy Awards for his comedy albums back in the 1960s. If you can't find the albums at a record store, they're available in several formats on Amazon and Ebay.

Q: I saw that Disney+ cast the role of "She-Hulk" with a different actress than Alison Brie. I could have sworn Brie was chosen last year. What happened? -- W.O.

A: Rumors swirled earlier



Kelly Ripa and Mark Consuelos

Photo credit: Depositphotos

this year that Disney's new streaming service, Disney+, was looking for an "Alison Brie type" to play "She-Hulk" (the Incredible Hulk's cousin) in a new series. In fact, it turned out to be just wishful thinking from fans as it was recently announced that Tatiana Maslany will be donning the green makeup instead.

Since Brie plays a female wrestler on the Netflix series "GLOW," it seemed only natural that fans would picture her as part of the Hulk family. However, Maslany definitely deserves it. She won an Emmy for playing more than a dozen clones in the series "Orphan Black," a very physically demanding role.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

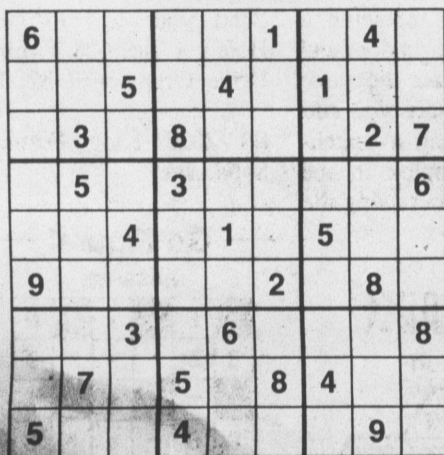
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|-----------|------------------|-----------|
| 1. Center | — I — — — | Perturb | — U — — — |
| 2. Skirt fold | — — — T — | Beseech | — — — D — |
| 3. Smudge | — M — — — | Take an oath | — W — — — |
| 4. Modify | — L — — — | Subsequent | — F — — — |
| 5. Fitting | — — — — R | Launch forward | — — — — L |
| 6. Breakfast meat | — C — — — | Twirler's stick | — — — T — |
| 7. Draw up plans | D — — — — | Quit the company | R — — — — |
| 8. Case of puppy love | C — — — — | Comb's companion | B — — — — |
| 9. Fossil resin | A — — — — | Fireplace cinder | E — — — — |
| 10. St. Bernard's brew | — — — — Y | Actor Marlon | — — — — O |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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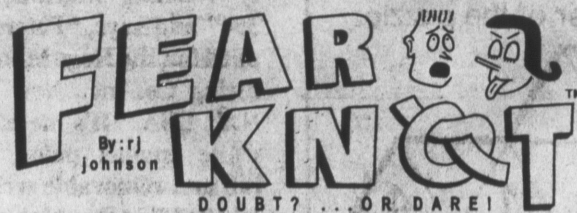
Super Crossword

Answers

Even Exchange
answers

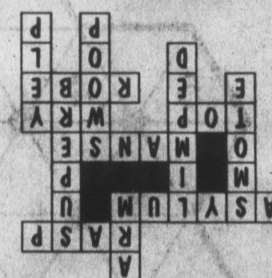
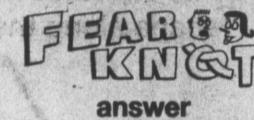
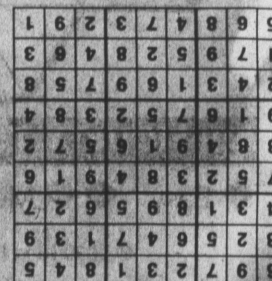
10. Proper, Brandy, Brando
9. Amber, Ember
8. Crush, Brush
7. Design, Resign
6. Bacon, Baton

5. Proper, Propel
4. After, After
3. Smeat, Swear
2. Pleat, Plead
1. Middle, Muddle



- RYW
MAYLUS
♥NEMAS
♥PRSA
BESRUP
♥PTO
LYPE
POWSO
♥AMR
♥ELMDIP
♥EMTOS
♥BREO

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

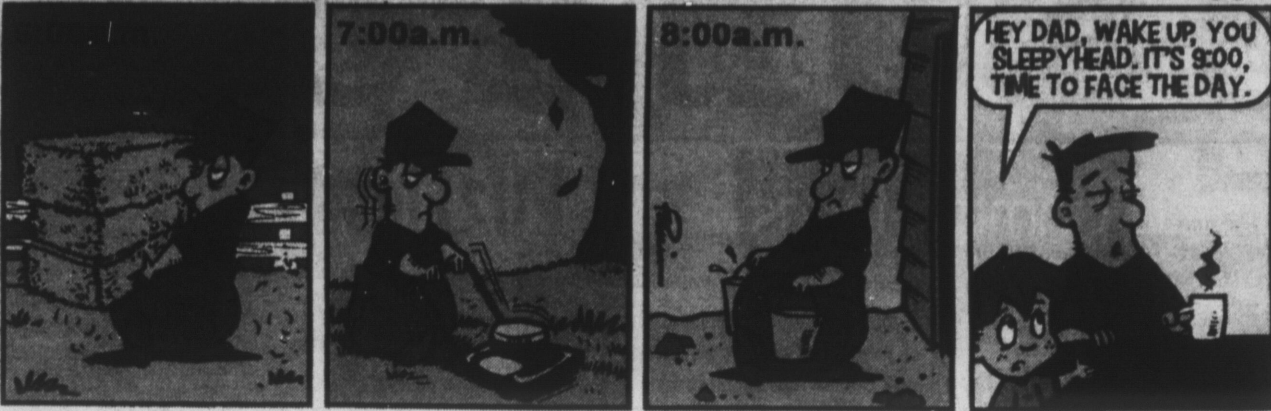
Weekly SUDOKU
AnswerO
C
T

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2
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2
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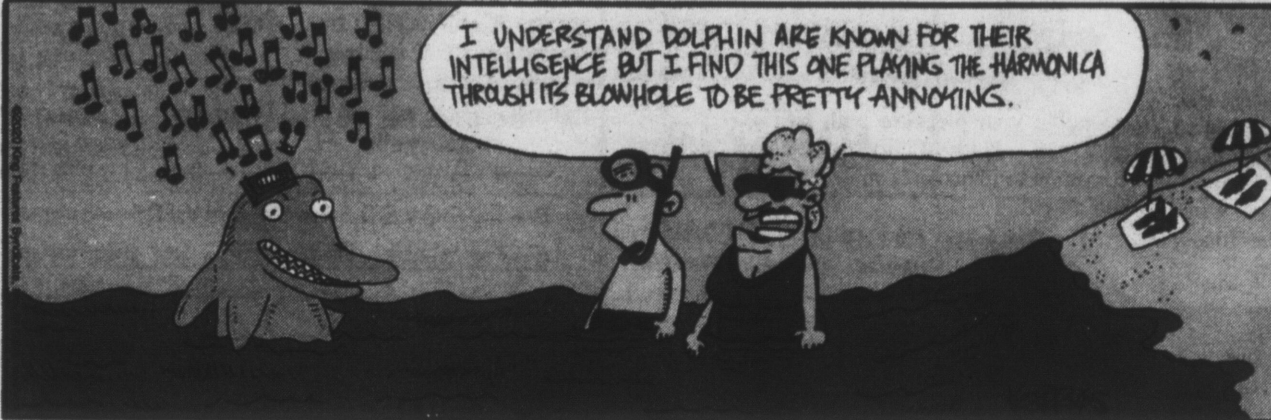
Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Essential
PASTEL
Fortress
OBTAINS
Breach
SLEAP
Cover
PARED

TODAY'S WORD

"I turned down _____ do you realize what the cost of living is out there?"

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

6	4	4	3	2	1
3	4	2	1	2	2
2	4	3	5	1	4
1	6	4	4	4	5
1	2	5	2	6	1
4	3	2	6	5	2

©2020 Conceptis Puzzles Ltd. by King Features Synd., Inc.



Long-Distance Move With Cats in Pickup

DEAR PAW'S CORNER: I have three rescue cats. They're the only family I've got. I'm planning to relocate to a rural area that is several days' drive away. I'll be driving a pickup truck. I feel that making my cats travel with me wouldn't be humane. Is there an agency available that could humanely and safely transport my cats? -- Karl in Avon, New York

DEAR KARL: I can totally relate! Years ago, I moved across the country with a very nervous cat in a carrier next to me on the bench seat of my pickup truck. Even though I made sure he had water, food and anxiety meds prescribed by the veterinarian, it was a stressful trip for him, and he did not eat or even poop for the whole two-day trip. Once I reached our new home, he

returned to his usual snuggly self.

Traveling with all three cats is possible with planning and may be the least stressful option for them. If you have an extended-cab pickup, make room in the back seat for three cat carriers. Put a litter pan on the floor and cover with plastic wrap while traveling; at rest stops, open one carrier at a time and let one cat out to use the litter pan and to snuggle with you (don't open the vehicle doors while you do this). Look for pet-friendly hotels that will let you keep the cats in the room.

Airline cargo transport can quickly transport pets across long distances. But there is a risk of death for pets traveling in airline cargo. Another option is private pet transport. If you choose this service, make sure they are insured and bonded, and that they will stay in contact with you throughout the trip.

Do you have a safe travel tip for carrying pets across country? Send it to ask@pawscorner.com.

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TOPTEN VIDEO, DVD for release week of Sept. 28, 2020

Top 10 Video Rentals

1. The King of Staten Island (R) Pete Davidson
2. Irresistible (R) Steve Carell
3. The 2nd (NR) Ryan Phillippe
4. Robin's Wish (NR) documentary
5. The Silencing (R) Nikolaj Coster-Waldau
6. Hard Kill (R) Jesse Metcalfe
7. The Owners (NR) Maisie Williams
8. The Vanished (R) Anne Heche
9. Rogue (R) Megan Fox
10. The Guest House (NR) Ruth Reynolds

Top 10 DVD, Blu-ray Sales

1. Superman: Man of Tomorrow (PG-13) Warner Bros.
2. True History of the Kelly Gang (R) Shout! Factory
3. The Mule (R) Warner Bros.
4. Harry Potter Complete 8-Film Collection (NR) Warner Bros.
5. Trolls World Tour (PG) Universal/DreamWorks
6. Scoob! (PG) Warner Bros.
7. Beetlejuice (PG) Warner Bros.
8. Rogue (R) Lionsgate
9. Rampage (PG-13) Warner Bros.
10. Ghost in the Shell (PG-13) Lionsgate

Source: Comscore/Media Play News

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Hitori

answer

2	9	6	2	3	4
4	3	2	6	5	1
1	2	5	2	7	1
4	4	4	4	9	1
2	4	3	5	1	4
3	4	2	1	2	2
6	4	4	3	2	1

PAROLE
Today's Word
3. Lapse; 4. Drape
1. Staple 2. Bastion
solution

SCRAMBLERS

MORE SUN FUN

COUCH THEATER DVD PREVIEWS

BY AMY ANDERSON

It feels like months since I've seen the inside of my office. While I'm grateful that I can work from any space with a power outlet and a pot of reasonable coffee, I miss it. Good relationships, conversation and camaraderie aren't unattainable in the company of my schooling-from-home kids, but it's not the same as being shoulder to shoulder with your work fam.

But the office ain't always peaches and sunshine, right? So, here I present a few movies that will nip your office nostalgia in the bud, or at least keep you laughing until life can return to normal.

9 to 5 — Lily Tomlin, Dolly Parton and Jane Fonda star in this 1980 classic, where three secretaries are terrorized by their boss, played by Dabney Coleman. The women decide to exact their revenge and live out their office fantasies, and while they do it, they transform the office into an engaging, empowering and rewarding place to work.

Office Space — Another cult classic that's swimming in archetypes! Peter (Ron Livingston) can't stand his soul-sucking corporate job, full of clockwatching and pointless reports. When his therapist dies before he can bring Peter out of hypnosis, the cubicle hero checks out of the rat race without regret, but not before getting recruited into management! But with his cubicle mates facing downsizing, the group hatches a plan to hit the raiders where it hurts —

in the pocketbook.

The Devil Wears Prada — She may be classy, but she's also tongue-lashy. Meryl Streep shines as the hypercritical diva boss Miranda Priestly, a top-echelon fashion editor who takes on Andy (Anne Hathaway) as a personal assistant. The position is prestigious, but it comes with a high personal cost.

Company Men — Perhaps a little too on the nose, "The Company Men" underscores how years of service and executive come-ons can amount to very little when profits aren't what the big dogs want them to be. Ben Affleck plays Bobby, on the express lane to upper management, when his shipping conglomerate goes through a contraction, leaving Bobby, Phil (Chris Cooper) and Gene (Tommy Lee Jones) unemployed with little fanfare.



Dolly Parton, Lily Tomlin and Jane Fonda star in "9 to 5"

Horrible Bosses — The premise of this quirky and trashy comedy: three men (Jason Sudeikis, Charley Day and Jason Bateman) have bosses (Jennifer Aniston, Kevin Spacey and Colin Farrell) so highly unpleasant that the best path is to bump them off. Of course, it's not as easy as it sounds, and all unfolds with hilarious results.

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Contract Bridge

IT TAKES TWO TO TANGO

East dealer.

Both sides vulnerable.

NORTH

♦ K 5 3
♥ K 8
♦ Q 8 3
♣ K J 9 5 2

WEST

♦ 10 2
♥ 7 6 4 3
♦ 7 5 4 2
♣ A 7 4

EAST

♦ A Q 8 7 4
♥ J 10 5 2
♦ 10 9 6
♣ 6

SOUTH

♦ J 9 6
♥ A Q 9
♦ A K J
♣ Q 10 8 3

The bidding:

East	South	West	North
Pass	1 NT	Pass	3 NT

Opening lead — ten of spades.

There is no question that many contracts are won or lost on the opening lead. For this reason, choosing the opening lead has been the subject of many theoretical dissertations, not to mention many a hot dispute, since the game was invented.

Fortunately, most opening leads are clear-cut. The bidding may point the way, or a strong honor-card sequence in a suit may be especially attractive.

The trouble arises mostly when the opening leader has a choice of sever-

al leads, any of which may turn out to be rousing success or a dismal failure. These are the leads that can cause heated debates and sleepless nights.

In today's deal, West was confronted by just such a dilemma. He felt that neither of his two anemic four-card suits was worth leading, so he settled instead on the ten of spades in hopes of striking gold in his partner's hand. This inspired lead should have defeated the contract, but, sadly, East gummed up the works.

Declarer was able to diagnose the short-suit lead since he had the nine of spades in his hand. So, to tempt East into going astray, he played the king of spades from dummy.

Not inclined to reject such a juicy morsel, East pounced on the king with the ace, effectively scuttling the defense. Regardless of East's return at trick two, South could next safely dislodge West's ace of clubs and so finish with 10 tricks.

However, had East withheld his ace at trick one and simply encouraged West by signaling with the eight, declarer would have gone down one. Whenever West gained the lead with the ace of clubs, his spade return would have allowed East to run his suit.

The correct play should not have been hard for East to work out. The lead of the ten of spades marked South with the jack, so the play of the king by declarer was sure to have been a ruse.

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by Steve Becker

Comfort foods

Made fast
and
healthy



by Healthy Exchanges

Double Chocolate Cream Pie

Double your pleasure with two — yes, two — kinds of chocolate! When it comes to chocolate, more is never too much!

- 1 (4-serving) package sugar-free instant chocolate fudge pudding mix
- 1 1/2 cups nonfat dry milk powder
- 2 1/4 cups water
- 1 (6-ounce) purchased chocolate-flavored pie crust
- 1 (4-serving) package sugar-free instant white chocolate pudding mix
- 1/2 cup reduced-calorie whipped topping
- 1 (2 1/2-inch) chocolate graham cracker square, made into fine crumbs
- 1 tablespoon mini chocolate chips

1. In a large bowl, combine dry chocolate fudge pudding mix, 2/3 cup dry milk powder and 1 1/4 cups water. Mix well, using a wire whisk. Pour mixture evenly into pie crust. Refrigerate while preparing topping.

2. In another large bowl, combine dry white chocolate pudding mix, remaining 2/3 cup dry milk powder and remaining 1 cup water. Mix well, using a wire whisk. Blend in whipped topping.

3. Evenly spread topping mixture over set chocolate fudge layer. Sprinkle chocolate graham cracker crumbs and chocolate chips evenly over top. Refrigerate for at least 1 hour. Cut into 8 servings. Freezes well.

* Each serving equals: 198 calories, 6g fat, 6g protein, 30g carb., 495mg sodium, 1g fiber. Diabetic Exchanges: 1 1/2 Starch/Carb, 1/2 Skim Milk, 1/2 Fat.



1. How many No. 1 hits has Electric Light Orchestra had in the U.S.?
2. Which group had a debut single with "Man on the Silver Mountain"?
3. Who released "Stuff Like That"?
4. Who were Maurice, Barry and Robin?
5. Name the song that contains this lyric: "I'm your friend, you can talk to me, I read your face, I see misery."

Answers

1. None. The British band holds the record for having the most Billboard Hot 100 top 40 hits (20) without a No. 1 single.
2. Rainbow, aka Ritchie Blackmore's Rainbow or Blackmore's Rainbow, in 1975. Rainbow has gone through personnel changes too numerous to mention, with Blackmore the only remaining original member.
3. Quincy Jones, with Chaka Khan, in 1978. The disco song was co-penned by the team of Ashford & Simpson, known for writing dozens of Motown hits such as "You're All I Need to Get By."
4. The Brothers Gibb, aka The Bee-Gees. Barry is the only one still living.
5. "Better Love Next Time," by Dr. Hook and the Medicine Show, in 1979. In the song, he advises a friend that better love is coming down the road.

Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

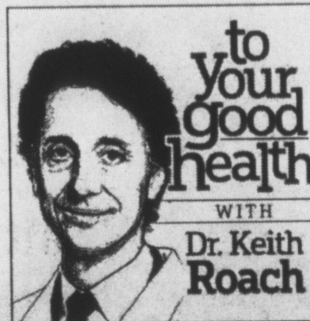
Here's a copy of the alphabet to guide you:

ABCDEFGHIJKLMNOPQRSTUVWXYZ

XIBU JT CMBDL BOE XIJUF

BOE SFE BMM PWFS?

B TVOCVSOFE QFOHVJO.



Diabetes Not Limited To Only 2 Main Types

DEAR DR. ROACH: Last year, at 57, I was diagnosed with Type 1 LADA diabetes. Initially I was put on insulin to get my blood sugar within the normal range. Then I was just on metformin until the "honeymoon period" was over. My endocrinologist is great. I now am back on insulin (six units at night). I walk anywhere between 3 and 8 miles about three times a day. My blood pressure is excellent. I initially lost about 18 pounds after diagnosis, so my weight is good.

When looking at Google, it says my life expectancy has been cut by 20 years! Yikes, I JUST retired and if I go by their gauge, I'll be passing around age 68! Is this based on someone who has had diabetes for many years, since Type 1 is usually diagnosed much earlier? The doctor said even though my initial sugars were over 500 when diagnosed, I was very healthy and that's why nothing was "destroyed." My vision was off for about a month but no permanent damage was done. Any reassurance would be appreciated! -- M.W.

ANSWER: Most people are familiar with Type 1 diabetes, with a typical onset in childhood and at a normal weight. It is caused by an autoimmune destruction of the insulin-making cells in the pancreas. People also know about Type 2 diabetes, usually adult-onset and usually diagnosed in someone who's overweight; it's caused by resistance to insulin. But there are other subtypes of diabetes, including latent autoimmune diabetes in adults (LADA).

In the U.S. and Canada, it accounts for a small fraction of diabetes cases, but is more com-

mon in Scandinavian countries. It has some characteristics of both Type 1 and Type 2 diabetes, but the autoimmune nature and the usual progression to insulin need makes most experts feel it is closer to Type 1 than to Type 2. A recent paper has outlined a potential new classification of diabetes types.

The change in life expectancy from diabetes relates to how long you have had diabetes and how well-controlled it has been. With outstanding diabetes control (normal or near-normal blood sugar levels), the effect on overall mortality is modest, at best. In one model, the reduction in life expectancy is less than a year. However, it certainly is possible to have life expectancy drop by 20 years with very poorly controlled, longstanding diabetes. For people with diabetes, to a very large extent, their potential to live longer (and healthier) can be improved by better blood sugar control.

For new-onset autoimmune diabetes (both Type 1 and LADA), early and aggressive blood sugar control with insulin may reduce the amount of autoimmune damage and improve long-term prognosis. Studies are in progress to evaluate this.

DEAR DR. ROACH: I am a female, 16 years old. My white blood cell count is 16.6. I am suffering from so much weakness and pain in my legs, arms and shoulder area. I also have a cough and cold. Is it dangerous? What should I do for it? -- K.C.

ANSWER: I don't have enough information to help much. A white blood cell count that high suggests an infection. At your age, those symptoms are most likely a viral infection, but acute mononucleosis and even pneumonia are possible, so you need to see your doctor.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

Answer

What is black and white

and red all over?

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 Here are stores in Quincy that sell it on their newsstands:

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NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	DAIRY FARM 330 Washington St.	BEALE ST. NEWS AND TOBACCO 17 Beale St.
HANCOCK MARKET 5 Cottage Ave.	STOP & SHOP Southern Artery	CVS 42 Beale St.
MIGNOSA'S FRUIT BASKET 138 Granite St.	CVS Southern Artery	COFFEE BREAK CAFE 12 Old Colony Ave.
STAR MARKET 130 Granite St.	7-11 650 Adams St.	SUPREME LIQUORS 615 Hancock St.
WALGREENS 132 Granite St.	7-11 678 Adams St.	MULLANEY'S VARIETY 205 W. Squantum St.
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7-11 78 Franklin St.	GRANITE MART 308 Willard St.	WALGREENS 324 Hancock St.
SHOP N SAVE LIQUORS 20 Independence Ave.	7-11 Copeland St.	SAM'S VARIETY 125 Billings Rd.
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 ST. ANTHONY, ST. JOSEPH,
 ST. PEREGRINE,
 ST. THERESA
 J.D. 11/19

**Have a great school year,
everyone!**
 Love,
 Gregory Dickson 10/1

THANK YOU
 ST. ANTHONY
 & ST. JUDE
 J.K.B. 10/1

*Happy thirtieth birthday
 in Heaven to my dear
 niece, Alison Schnipper.
 Miss you Schnip* 10/1



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☐ Autos	5-10 WEEKS	☐ \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word.
☐ Boats	11 WEEKS OR MORE	☐ \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.
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☐ Yard Sales		
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☐ Day Care		
☐ Personal		
☐ Miscellaneous		

☐ Enclosed is \$ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

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 DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

REPORT POTHOLES

Potholes are a year-round problem and should be reported to the Department of Public Works.

617-376-1914

HOUSEHOLD HAZARDOUS WASTE DROP-OFF DAY

SATURDAY, OCTOBER 3, 8 AM TO 12 PM

NEW RULES FOR DROP-OFF DAY

- Waste will only be accepted from pickup truck beds, trunks and the back of SUVs (Clean Harbors will not accept any material from the seats of vehicles or materials handed to us from residents).
- Clean Harbors will not return any containers – this includes but is not limited to gas containers and storage totes.
- Any resident who attempts to or exits a car will be asked to leave.
- We encourage residents to wear a mask

Drop-Off Location:
Department of
Public Works
55 Sea Street
Quincy, MA 02169

Quincy Residents Only

Proof of residency with
valid MA Driver's License.

WHERE TO START

When gathering products for the drop-off event leave materials in original containers and tighten all caps and lids. Sort and pack items separately in sturdy upright boxes. **NEVER MIX CHEMICALS.** Pack your car the morning of the event and drive directly to the DPW. Do not smoke while handling hazardous material and do not bring children in the car with you.

Items **not accepted** at the hazardous materials drop-off day are ammunition, fireworks and explosives, commercial/industrial/biological waste, prescription medicine and radioactive waste. For the proper disposal of these materials visit the City's website www.QuincyMA.gov.

ACCEPTABLE ITEMS

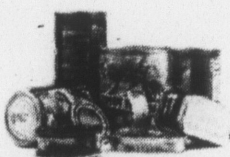
Antifreeze
Artist Supplies
Brake Fluid
Car Wax
Carburetor Cleaner
Chemical Fertilizers
Chemistry Sets
Drain/Toilet Cleaner
Driveway Sealer
Engine Degreaser
Fiberglass Resin
Flea and Tick Control Products
Metal Polish
Fuels/Gasoline/Kerosene
Fungicides
Furniture Polish
Hobby Supplies
Latex Paint
Lighter Fluid
Mercury Items*

Moth Balls
Ni-Cad/Lithium Batteries
Oil Based Paints
Oven Cleaner Paint
Strippers and Thinners
Photo Chemicals
Poisons/Insecticides
Roofing Tar
Rubber Cement
Model Glue
Rug and Upholstery Cleaner
Solvent Adhesives
Spot Remover
Stains & Varnishes
Swimming Pool Chemicals
Transmission Fluid
Weed Killers
Wood Preservatives, Cleaners

*Fluorescent Light Tubes and "Swirly" Light Bulbs, Thermometers, Thermostats, Button-Cell, Ni-Cad and Lithium Batteries, Flow Meters and Mercury Switches.

Recycle Smart

 **Metal**



Food and Beverage Cans
empty and rinse

 **Plastic**



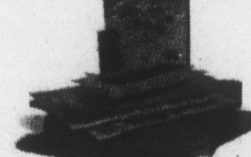
Bottles, Jars, Jugs and Tub
empty and replace cap

 **Glass**



Bottles and Jars
empty and rinse

 **Paper & Cardboard**



Mixed Paper, Newspaper, Magazines, Boxes
empty and flatten

NO!



Do Not Bag Recyclables
No Garbage



No Plastic Bags or Plastic Wrap
(return to retail)



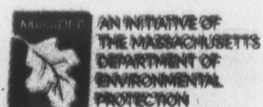
No Food or Liquid
(empty all containers)



No Clothing or Linens
(use donation programs)



No Tangles
(no hoses, wires, chains or electronics)



RecycleSmartMA.org

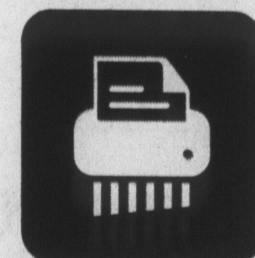
 [@RecycleSmartMA](https://twitter.com/RecycleSmartMA)  [RecycleSmartMA](https://www.instagram.com/RecycleSmartMA)  [RecycleSmartMA](https://www.facebook.com/RecycleSmartMA)

FREE PAPER SHREDDING



From Bay State Shredding
of Quincy

Cardboard, paper clips, staples and elastics OK!



City of Quincy
DPW

Thomas P. Koch, Mayor
Alfred J. Grazioso, Commissioner
www.QuincyMA.gov

 **CLEAN WATER**
IS EVERYBODY'S BUSINESS

OCT

8

2020